

**Recreation Programs Fall 2014**

CITY OF LAKE FOREST

September, October, November

# *Leisure Times*



## *GRAND OPENING*

**Saturday, November 1, 2014**  
**Lake Forest Sports Park and Recreation Center!**

See Page 3 For More Info



# LEISURE TIMES INDEX

PAGE NUMBER

City Special Events . . . . .	1
Fall Events At A Glance . . . . .	2
Winter Preview . . . . .	2
Grand Opening: Lake Forest Sports Park and Recreation Center . .	3
City Special Events continued . . . . .	4
Hikes . . . . .	4
Youth . . . . .	5
Recreation Classes. . . . .	5-15
Special Needs . . . . .	16
Etnies Skatepark of Lake Forest . . . . .	17-21
Teen Activities & Excursions . . . . .	22
Community Services . . . . .	23
Senior Programs . . . . .	24-28
Need to Know Numbers!. . . . .	26
Excursions. . . . .	28-29
Senior Emeritus Classes . . . . .	29-30
How to Register . . . . .	31
Program Registration Form . . . . .	32

## Community Services Fall Quarter HOLIDAY/CLOSED FRIDAY SCHEDULE

The Community Services Department will be closed on the following holidays: **(No classes will be held on these dates.)**

- Monday, September 1 (Labor Day)
- Tuesday, November 11 (Veterans' Day)
- Thursday, November 27 (Thanksgiving Day)
- Friday, November 28 (Thanksgiving Holiday observed)

City Hall is closed to the public on alternating Fridays, with staff working longer hours until 6:00 pm during the remainder of the work week to serve you better! During the months of September, October, and November, City Hall is closed on the following Fridays:

- September 12, 26
- October 10, 24
- November 7, 21, 28

For general questions regarding Community Services Programs on these days, visit the City website at [www.lakeforestca.gov](http://www.lakeforestca.gov). You can also register for programs even on closed days. Visit our on-line registration at [online.activecommunities.com/lfreconline](http://online.activecommunities.com/lfreconline).



## Contact Information

**City Hall 461-3400**

Community Services . . . . 461-3450

Etnies Skatepark  
of Lake Forest . . . . . 916-5870  
[www.etnies skatepark of lake forest.com](http://www.etnies skatepark of lake forest.com)Lake Forest Teens . . . . . 461-3446  
[www.LFteens.com](http://www.LFteens.com)Lake Forest Seniors . . . . 461-3408  
[www.lakeforestca.gov/seniors](http://www.lakeforestca.gov/seniors)IVC Emeritus  
Registration . . . . . 451-5555SVUSD  
Recreation . . . . . 768-0981, press 3

Building Inspection . . . . 461-3470

City Clerk . . . . . 461-3420

City Council . . . . . 461-3420

City Manager's Office . . . 461-3410

Community  
Policing Center . . . . . 461-3548Economic  
Development. . . . . 461-3567

Employment Hotline . . . . 461-3418

Fields Hotline . . . . . 461-3595

Graffiti Hotline . . . . . 461-3583

Public Works. . . . . 461-3480

*Front Cover Photo: Nick Gates*

# CITY SPECIAL EVENTS



## Haunt at Heritage Hill

Dare to be a part of the 7th annual Haunt at Heritage Hill, with a double dose of fright! The park will once again transform into a Haunted Adventure. This Halloween teen/adult friendly event will include: A Haunted School House with a Fright Maze, and the scream zones including the all new Red Riding Hood's Revenge, The Joker's Side Show, and the return of "La Carnivora," featuring more monsters than ever. Be sure to hit the dance floor with ghouls and goblins for our extreme DJ and light show. There will also be screenings of classic horror films and guest appearances. Feel free to join in the fun and come dressed as your favorite character or in costume, but no masks please. Be the first in the know and get the inside scoop at facebook.com/LFhaunt. There will be special announcements and chances to win prizes. Be ready to have fun, be ready to be scared, be ready to laugh, be ready to scream, but please be ready...

Fee: \$7.00 per person

Location: Heritage Hill Historical Park (25151 Serrano Rd)

**To Register: Pay at the door day of the event.**

**For more info call: The City of Lake Forest at 461-3450**

**Ages 12+ (5th grade and older)    Oct 17    Fri    6:00-10:30 pm**  
**Oct 18    Sat    6:00-10:30 pm**

## Attention local non-profit organizations!

For fundraising opportunities at our City events, contact: Ron Rivera, Recreation Center Supervisor  
[rrivera@lakeforestca.gov](mailto:rrivera@lakeforestca.gov)



## Autumn Harvest Festival

The Halloween adventure arrives early this year at the Autumn Harvest Festival held at the Heritage Hill Historical Park. The park will once again be costumed and dressed as an adventure filled festival. Some of the attractions will include The Indiana Jones Trick-or-Treat Stations, The Under The Sea Adventure Maze, The "Wicked"

School House, American Adventure Story telling and a Super Heroes Adventure Show. The adventure does not stop there because there will be games, face painting, balloon artist, costume parade on stage, the ever popular "Lake Forest All Stars Glow Party", Princess Pumpkin Patch, and a movie screening of "A Scooby Doo Short." Don't forget to stop by and see Nectar and all his friends in their stage show. So come ready in costume with trick-or-treat bag in hand as the adventure will take you places beyond your imagination!

Fee: \$5.00 Adults & Children

Fees for activities and games range from \$.25 to \$1.00

Location: Heritage Hill Historical Park (25151 Serrano Rd)

**To Register: Pay at the door day of the event.**

**For More Info call: The City of Lake Forest at 461-3450**

**All Ages                      Oct 11                      Sat                      4:00-9:00 pm**

## Bunco or Bust

Calling all Bunco players! We're having some-kind-of-fun at Bunco or Bust! You don't need to know how to play BUNCO... we'll teach you! No skill is involved--just luck...lots of it! The only thing you need to know is how to roll dice. Before Bunco begins, enjoy yummy appetizers, non-alcoholic margaritas and beverages. Prizes will be given away...so what's stoppin' ya?

Fee: \$7 per person

Location: Lake Forest Community Center  
(25550 Commercentre Dr)



**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4505    Adults/Seniors    Sep 5    Fri    7:00-9:30 pm**  
**Act#: 4501    Adults/Seniors    Oct 10    Fri    7:00-9:30 pm**

## Fall Registration Dates:

Tuesday, August 12  
(Lake Forest Residents)

Tuesday, August 19  
(Non-Residents)

# FALL 2014 EVENTS AT A GLANCE



DATE	TIME	EVENT	LOCATION	FEE
Friday, August 29 and Saturday, August 30	10 pm-9 am	<b>Labor Day Weekend Skatepark Campout</b>	Etnies Skatepark of Lake Forest	\$30 per person
Friday, September 12	6-10 pm	<b>Live Music Showcase</b>	Etnies Skatepark of Lake Forest	\$5 per person
Saturday, September 13	8-10 am	<b>Borrego Trail Hike</b>	Whiting Ranch Park	\$5 per person; \$3 parking fee
Wednesday, September 24	10 am-12 pm	<b>Senior Resource Fair &amp; Vaccination Clinic</b>	Lake Forest Community Center	Free
Friday, September 26	6:30-9:30 pm	<b>Friday Night at the Movies ("Lone Survivor")</b>	Lake Forest Community Center	\$5 per person (Movie starts at 7 pm)
Friday, October 10	6-10 pm	<b>Live Music Showcase</b>	Etnies Skatepark of Lake Forest	\$5 per person
Saturday, October 11	4-9 pm	<b>Autumn Harvest Festival</b>	Heritage Hill Historical Park	\$5 per person (additional fees for games)
Friday, Oct 17 and Saturday, Oct 18	6-10:30 pm	<b>Haunt at Heritage Hill</b>	Heritage Hill Historical Park	\$7 per person (ages 12 and older please)
Saturday, October 25	3-10 pm	<b>Hallow's Eve Bowl Jam</b>	Etnies Skatepark of Lake Forest	\$20 entry fee
Saturday, November 1	12-4 pm	<b>Lake Forest Sports Park Grand Opening</b>	Lake Forest Sports Park	Free
Saturday, November 15	10 am-6 pm	<b>Skate Street Contest</b>	Etnies Skatepark of Lake Forest	\$20 entry fee
Saturday, November 22	8-10 am	<b>Glenn Ranch Hike</b>	Whiting Ranch Park	\$5 per person; \$3 parking fee

For more info call 461-3450 or visit our website at [www.lakeforestca.gov](http://www.lakeforestca.gov)

## Save These Winter Dates!

❄️ **Northpole Calling**  
December 1, 2, and 3

❄️ **Breakfast and Brunch with Santa**  
Saturday, December 6

❄️ **Holiday Hoopla "Rockin' Winter Camp"**  
Week 1: December 22, 23, 24  
Week 2: December 29, 30, 31

❄️ **Winter Teen Camp**  
Week 1: December 22, 23, 24  
Week 2: December 29, 30, 31

❄️ **SnowFest**  
Saturday, January 24, 2015





# GRAND OPENING



**Saturday, November 1, 2014 • 12-4 pm**  
**LAKE FOREST SPORTS PARK  
AND RECREATION CENTER**

(28000 Rancho Parkway)

- Tour the New Recreation Center
- Souvenir Giveaways
- Free Food
- Live Music
- For the inside scoop on Celebrity Appearances and Sports Contests, check [www.facebook.com/LakeForestEvents](http://www.facebook.com/LakeForestEvents)

**For more info call: Community Services at 461-3450**

## CITY SPECIAL EVENTS continued

### Friday Night at the Movies

We're having "Movie Nights" at the Community Center. You know how expensive going to the movies can be! We're making going to the movies AFFORDABLE! Staff will serve up hot dogs, popcorn, candy, and a beverage, and, in return, you can sit back and enjoy the show!



#### Featured Movie: **Lone Survivor (R)**

(Drama, Action, Adventure – Strong Bloody War Violence and Pervasive Language)

Based on a true story...the year is 2005. In the wake of the 9/11 terror attacks, the War in Afghanistan is well under way when military intelligence learns that a senior Taliban member is hiding out in a remote village deep in the Hindu Kush mountains of the Kunar Province. Convinced that his capture or killing could turn the tide of the

difficult war in favor of the United States, the Navy SEALs hatch Operation Red Wings. The goal is simple – send a select team of soldiers to stake out the village from the surrounding mountains, and move on their target when the time is right. Under the leadership of Lieutenant Michael Murphy (Taylor Kitsch), Marcus Luttrell (Mark Wahlberg), Matt Axelson (Ben Foster), and Danny Dietz (Emile Hirsch) reach their checkpoint, and quickly realize that another nearby hill will provide a better vantage spot. Shortly after arriving at that new location and getting a positive ID on their target, however, the soldiers are caught off guard by three wandering shepherds, including a young boy. Ultimately, a heated vote over what to do with the captured shepherds leads Lt. Murphy to decide that the best course of action is to abide by the rules of engagement, meaning that the soldiers will abort the mission, release the captives, and retreat to their extraction point. Shortly after the shepherds are set free, however, the four SEALs find themselves surrounded by dozens of Taliban soldiers, and engaged in a fierce gunfight.

Fee: \$5.00 per person

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4518 Adults/Seniors Sep 26 Fri 6:30-9:30 pm\*

\*Movie begins at 7:00 pm

## HIKES

### Nature Hikes

The City of Lake Forest is partnering with OC Parks to provide a Park Ranger to Guide the hikes for our continuing series in the "Take a Hike Program." It is strongly recommended that hikers wear a hat, sunscreen and sturdy hiking boots/shoes.

Please note: The level of difficulty varies according to the type of hike scheduled. Please reference the following info in choosing your participation in our hikes:

### DIFFICULTY LEVEL

- **Easy** = flat, level ground for the most part with gentle hill(s)
- **Moderate** = some level ground with some steep hills and rough terrain
- **Strenuous** = mostly steep ground with significant rough terrain



### Borrego Trail Hike

Come join the Park Ranger for an easy hike of approx. 2.6 total miles over gentle grade for ages 7+. The hike will take you along the Borrego trail, a heavily wooded canyon with multiple plant communities. The hike will stop periodically to discuss native plants and animals.

Difficulty level = Easy

Fee: \$5.00 (includes snack and water bottle)

Location: Meet at Whiting Ranch, Borrego Entrance Parking Lot (Portola and Market St.), \$3.00 parking fee per car, meet by the kiosk.

To Register: Mail-In, On-Line, or Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4565 7 yrs-Adult Sep 13 Sat 8:00-10:00 am

### Glenn Ranch Hike



The hike will start in the Glenn Ranch Parking Lot and cover 5 trails in approximately 2.3 miles. While hiking, you will experience multiple plant communities, scenic views and wooded oak groves. There will be intermittent stops to discuss history of the land, native plants and animals.

Difficulty level = Moderate

Fee: \$5.00 (includes snack and water bottle)

Location: Meet at Whiting Ranch, Glenn Ranch Parking Lot, \$3.00 parking fee per car, meet by the kiosk.

To Register: Mail-In, On-Line, or Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4566 10 yrs-Adult Nov 22 Sat 8:00-10:00 am

## YOUTH



### Kids' Factory - SVUSD

Kids' Factory is a FREE drop-in program sponsored by the City of Lake Forest and is designed for elementary school children grades K-6. This program offers recreational activities and is not considered an accredited child care program. All activities include crafts, sports, and games, which are held outdoors and are subject to cancellation due to unfavorable weather conditions. If weather conditions are questionable, you can check on the status of Kids' Factory sites by calling the Weather Hotline, 460-2735, after 11 am.

Instructor: SVUSD Staff

Fee: FREE!

Locations: Foothill, Gates, Lake Forest, La Madera, Olivewood, Portola, Rancho Canada, Santiago

**To Register: On-site registration by a parent or legal guardian is required.**

**For more info call: SVUSD at 768-0981, press 3**

**Grades K-6**

**Sep 8 - Jun 12**

**Mon-Fri**

**Times vary depending on school dismissal.**

## RECREATION CLASSES

### Preschool Programs

#### Off to Neverland Preschool Class!



Calling all Tinkerbells and pirates! Join Peter Pan, Captain Hook, and all their friends as we fly away to Neverland! There will be plenty of fairy pixie dust and imaginary adventures in this four week class. Participants will play games, make crafts, sing songs, and enjoy a snack fit for a pirate! All of Neverland awaits, so don't be late! Parent participation is required for this program.

Instructor: City Staff

Fee: \$30 per person – Resident

\$35 per person – Non-Resident

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4649    2-5 yrs    Sep 12- Oct 3    Fri    10:00-11:00 am**

#### Minion Halloween Costume Party!



Some Minions will howl and some Minions will mash – get ready for a despicable Halloween bash with all your favorite Minions! Calling all the little Minions to this costume party where there will be spook-tastic songs, games, crafts, and a story- and don't forget the boo-licious snack! Don't forget to dress up in your favorite costume! Parent participation is required for this program.

Instructor: City Staff

Fee: \$10 per person – Resident

\$15 per person – Non-Resident

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4562    2-5 yrs    Oct 31    Fri    10:00-11:00 am**



## Hungry Caterpillar Preschool Party!



Inch on over for some fun, it's time to party with the hungry caterpillar! There will be songs, games, crafts, and lots of snacks. Crawl in for some adventure in this caterpillar party! Don't worry, your little caterpillar won't leave hungry! Parent participation is required for this program.

Instructor: City Staff

Fee: \$10 per person – Resident  
\$15 per person – Non-Resident

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4563 2-5 yrs Nov 7 Fri 10:00-11:00 am**

## Dumbo's Circus Preschool Party!

Come one, come all. . . Step right up and have a ball! Join us as the Circus comes to Lake Forest! All the little preschoolers will go on an adventure as we fly to the circus with our favorite elephant – Dumbo! There will be songs, crafts, games, and a yummy snack. Parent participation is required for this program.

Instructor: City Staff

Fee: \$10 per person – Resident  
\$15 per person – Non-Resident

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4564 2-5 yrs Nov 21 Fri 10:00-11:00 am**

## Youth

### Zumbini™

Designed to let mom, dad or caregiver and your little one(s) 0 to 3 years old wiggle, sing and learn together. The Zumbini™ program is where the science of child development, movement, instrument play, world rhythms and catchy kid-friendly tunes meets the magic of Zumba® in the ultimate bonding experience! Zumbini™ happens in 8 week sessions. Free demo class is September 9th, please RSVP to raelyn@oczumbafitness.com as space is limited!

Instructor: Raelyn Brachmann

Fee: \$115 per Parent and Child Couple – Resident  
\$120 per Parent and Child Couple – Non-Resident  
(8-week session)

Materials Fee: A required \$35 fee which includes a brand new Zumbini™ Bundle containing a songbook and two copies of the class music on CD, so you can take the class experience wherever you go! This is due to the instructor during the first class meeting.

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4702 6 mos-3 yrs Sep 16-Nov 4 Tue 10:00-10:45 am**

## Music Together



Here is your chance to experience a nationwide, research based "Music Together" program for children from birth to 5 years old and the adults who love them! Children will have many opportunities to create and play. Each class is packed with new songs, rhymes, movement activities and instrumental sessions. This is an introduction to a lifetime of musical enjoyment! But best of all it is fun. Free demo class on Monday, September 8 at 4:30 pm & Friday, September 12th at 10:30 am, please RSVP 350-0985.

Instructor: Elena Salisbury

Fee: \$145 per person – Resident  
\$150 per person – Non-Resident

(10-week session) Babies under the age of 8 months free with registered sibling.

Materials Fee: A \$40 fee payable to Music Moves is required at first class meeting.

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4535 9 mos-5 yrs Sep 15-Nov 17 Mon 4:30-5:15 pm**

**Act#: 4536 9 mos-5 yrs Sep 19-Nov 21 Fri 10:30 -11:15 am**

## Parent & Tot Swim Lessons at SwimLabs

Parent and child will work together to develop skills crucial for learning to swim. Swimmers will learn to safely enter and exit the pool, blow bubbles through the mouth and nose, float on their backs, and go under the water.

Instructor: SwimLabs Staff

\*Fee: \$80 per person – Resident  
\$85 per person – Non-resident  
(4-week sessions)

\*Additional one-time \$30 registration fee due at first session

Location: SwimLabs (20918 Bake Pkwy., Suite 100)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 4663</b>	<b>1-3 yrs</b>	<b>Sep 6-27</b>	<b>Sat</b>	<b>9:00-9:30 am</b>
<b>Act#: 4664</b>	<b>1-3 yrs</b>	<b>Sep 7-28</b>	<b>Sun</b>	<b>9:00-9:30 am</b>
<b>Act#: 4665</b>	<b>1-3 yrs</b>	<b>Sep 8-29</b>	<b>Mon</b>	<b>9:00-9:30 am</b>
<b>Act#: 4666</b>	<b>1-3 yrs</b>	<b>Sep 10-Oct 1</b>	<b>Wed</b>	<b>9:00-9:30 am</b>
<b>Act#: 4667</b>	<b>1-3 yrs</b>	<b>Sep 12-Oct 3</b>	<b>Fri</b>	<b>9:00-9:30 am</b>
<b>Act#: 4668</b>	<b>1-3 yrs</b>	<b>Oct 4-25</b>	<b>Sat</b>	<b>9:00-9:30 am</b>
<b>Act#: 4669</b>	<b>1-3 yrs</b>	<b>Oct 5-26</b>	<b>Sun</b>	<b>9:00-9:30 am</b>
<b>Act#: 4670</b>	<b>1-3 yrs</b>	<b>Oct 6-27</b>	<b>Mon</b>	<b>9:00-9:30 am</b>
<b>Act#: 4671</b>	<b>1-3 yrs</b>	<b>Oct 8-29</b>	<b>Wed</b>	<b>9:00-9:30 am</b>
<b>Act#: 4672</b>	<b>1-3 yrs</b>	<b>Oct 10-31</b>	<b>Fri</b>	<b>9:00-9:30 am</b>
<b>Act#: 4673</b>	<b>1-3 yrs</b>	<b>Nov 1-22</b>	<b>Sat</b>	<b>9:00-9:30 am</b>
<b>Act#: 4674</b>	<b>1-3 yrs</b>	<b>Nov 2-23</b>	<b>Sun</b>	<b>9:00-9:30 am</b>
<b>Act#: 4675</b>	<b>1-3 yrs</b>	<b>Nov 3-24</b>	<b>Mon</b>	<b>9:00-9:30 am</b>
<b>Act#: 4676</b>	<b>1-3 yrs</b>	<b>Nov 5-26</b>	<b>Wed</b>	<b>9:00-9:30 am</b>
<b>Act#: 4677</b>	<b>1-3 yrs</b>	<b>Nov 7-28</b>	<b>Fri</b>	<b>9:00-9:30 am</b>



## Pee Wee Gymnastics

This is an introduction to gymnastics for 1 to 6 year olds! This course teaches basic skills for floor exercise, bars, balance beam, and vault along with our 30 foot long trampoline. Participants will increase confidence and coordination along with developing listening skills, taking turns, and following coaching instructions. Most importantly, everyone will have fun! FREE open play when you are signed up in a gymnastics class. Open play is every Thursday 1:00-2:00 pm.

Instructor: Us Too Center Staff

Fee: \$45 per person – Resident  
\$50 per person – Non-Resident  
(4-week sessions)

Location: Us Too Center (25 Spectrum Pointe Dr #405)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4538	1-2 yrs*	Sep 8-29	Mon	10:00-10:45 am
Act#: 4539	1-2 yrs*	Oct 6-27	Mon	10:00-10:45 am
Act#: 4540	1-2 yrs*	Nov 3-24	Mon	10:00-10:45 am
Act#: 4541	3-4 yrs	Sep 8-29	Mon	11:00-11:45 am
Act#: 4542	3-4 yrs	Oct 6-27	Mon	11:00-11:45 am
Act#: 4543	3-4 yrs	Nov 3-24	Mon	11:00-11:45 am
Act#: 4544	3-4 yrs	Sep 3-24	Wed	12:00-12:45 pm
Act#: 4545	3-4 yrs	Sep 3-24	Wed	2:00-2:45 pm
Act#: 4546	3-4 yrs	Oct 1-22	Wed	12:00-12:45 pm
Act#: 4547	3-4 yrs	Oct 1-22	Wed	2:00-2:45 pm
Act#: 4548	3-4 yrs	Oct 29-Nov 19	Wed	12:00-12:45 pm
Act#: 4549	3-4 yrs	Oct 29-Nov 19	Wed	2:00-2:45 pm
Act#: 4550	4-6 yrs	Sep 4-25	Thu	2:00-2:45 pm
Act#: 4551	4-6 yrs	Oct 2-23	Thu	2:00-2:45 pm
Act#: 4552	4-6 yrs	Oct 30-Nov 20	Thu	2:00-2:45 pm
Act#: 4553	5-7 yrs	Sep 8-29	Mon	5:00-5:45 pm
Act#: 4554	5-7 yrs	Oct 6-27	Mon	5:00-5:45 pm
Act#: 4555	5-7 yrs	Nov 3-24	Mon	5:00-5:45 pm

\* Mommy & Me classes: parent participation required

## Intro to Movement & Dance

Play, learn, cultivate movement, socialization, motor and listening skills while getting the wiggles out in this imaginative class. Children and parents participate in creative movement activities that include various props, pretend play through dance, move to nursery songs and dance with parachutes and bubbles. Class promotes listening, directional and motor skills as well as musicality and rhythm. Suitable for both boys and girls. Parent participation required. \*Class is part of OCDP Dance progression program where dancers can track their accomplishments and receive certificate of achievement. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for more information.

Instructor: OC Dance Productions staff

Fee: \$74 per Parent and Child Couple – Resident  
\$79 per Parent and Child Couple – Non-Resident  
(6-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4567	1½-3 yrs	Sep 15-Oct 20	Mon	9:00-9:45 am
Act#: 4568	1½-3 yrs	Oct 27-Dec 1	Mon	9:00-9:45 am

## Parent & Me Princess Ballet & Creative Movement

Your little princess will enter a world of magic and imagination, dancing to their favorite tunes from princess movies new and old. This class teaches the basics of ballet and dance through terminology fairy tale imagery. Participants will also improve motor, directional and listening skills while engaging in creative movement with bubbles, parachutes, magic wands and more. Dancers will also get to create their own princess props to take home, hear stories and dress up in princess tutus. Class is part of OCDP Dance progression program where dancers can track their accomplishments and receive certificate of achievement. Ballet shoes required. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for recommended attire and more info.

Instructor: OC Dance Productions Staff

Fee: \$74 per Parent and Child Couple – Resident  
\$79 per Parent and Child Couple – Non-Resident  
(6-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4569	1½-3 yrs	Sep 15-Oct 20	Mon	11:00-11:45 am
Act#: 4570	1½-3 yrs	Oct 27-Dec 1	Mon	11:00-11:45 am

## Do, Re, Mi Piano & Music

This music and piano class encourages child development through the beauty of music. Children will experience the sounds and rhythms of music through instrument play, piano/keyboard fingering, playing simple tunes, singing do, re, mi music notation and songs, rhythm and melodic patterns, props, puppets and creative movement.

Instructor: Sophi Albert

Fee: \$105 per person – Resident  
\$110 per person – Non-Resident  
(6-week session)

Materials Fee: An additional material fee of \$15 due to instructor on first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4640	2-4 yrs	Sep 2-30	Tue	9:30-10:15 am
------------	---------	----------	-----	---------------

## Want more info on how to register for programs online?



Please call Community Services at 461-3450 to receive your personal account pin number and internet login ID.

[online.activecommunities.com/lfreonline](http://online.activecommunities.com/lfreonline)

## TriFyft Sports: Biddy Soccer League

Your child will have a great time playing soccer and making new friends while learning the benefits of sportsmanship, sharing, and teamwork. The Biddy Ball League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive team shirt and medal. The 1st week will be practice and team assignments and the remainder of the weeks will be games!

Instructor: TriFyft Sports Staff

Fee: \$79 per participant – Resident  
\$84 per participant – Non-Resident  
(6-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4582	2-3 yrs	Oct 4-Nov 8	Sat	11:30 am-12:00 pm
Act#: 4583	3-5 yrs	Oct 4-Nov 8	Sat	12:00-12:45 pm



## TriFyft Sports: Parent and Me Multi-Sport

This is a great chance for beginning and advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFyft Sports Staff

Fee: \$85 per participant – Resident  
\$90 per participant – Non-Resident  
(8-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4584	2-3 yrs	Sep 20-Nov 8	Sat	10:00-10:30 am
------------	---------	--------------	-----	----------------



## TriFyft Sports: Parent and Me Soccer

This class is a great chance for parents to interact with their young ones while learning the basics of soccer with our TriFyft Sports staff. Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere. These youngsters will learn the fundamentals of soccer and will experience athletic competition firsthand. Don't miss out on this special opportunity! It's a great bonding experience for both parents and their children.

Instructor: TriFyft Sports Staff

Fee: \$65 per Parent and Child couple – Resident  
\$70 per Parent and Child couple – Non-Resident  
(6-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4581	2-3 yrs	Sep 19-Oct 24	Fri	3:30-4:00 pm
------------	---------	---------------	-----	--------------



## TriFyft Sports: Tee-Ball Skillz Clinic

This is a great chance for beginning and advanced tee-ball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFyft Sports Staff

Fee: \$65 per participant – Resident  
\$70 per participant – Non-Resident  
(6-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4585	2-3 yrs	Sep 23-Oct 28	Tue	4:30-5:00 pm
Act#: 4586	3-5 yrs	Sep 23-Oct 28	Tue	5:00-5:45 pm



## TriFyft Sports: Soccer Skillz Clinic

This is a great chance for beginning and advanced soccer players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFyft Sports Staff

Fee: \$65 per participant – Resident  
\$70 per participant – Non-Resident  
(6-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4587	3-4 yrs	Sep 19-Oct 24	Fri	4:00-4:45 pm
Act#: 4588	5-6 yrs	Sep 19-Oct 24	Fri	5:00-5:45 pm



## TriFyft Sports: Multi-Sport Skillz Clinic

This is a great chance for beginning and advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFyft Sports Staff

Fee: \$85 per participant – Resident  
\$90 per participant – Non-Resident  
(8-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4589	3-5 yrs	Sep 20-Nov 8	Sat	9:00-9:45 am
Act#: 4590	5-7 yrs	Sep 20-Nov 8	Sat	10:30-11:15 am



## Learn to Swim at SwimLabs

These weekly group swim lessons are designed to get your child swim ready!

Instructor: SwimLabs Staff

\*Fee: \$80 per person – Resident  
\$85 per person – Non-Resident  
(30-minute lesson)

\*Additional one-time \$30 registration fee due at first session

Location: SwimLabs (20918 Bake Pkwy., Suite 100)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4678	3-5 yrs	Sep 6-27	Sat	10:30-11:00 am
Act#: 4679	3-5 yrs	Sep 7-28	Sun	10:30-11:00 am
Act#: 4680	3-5 yrs	Sep 8-29	Mon	12:00-12:30 pm
Act#: 4681	3-5 yrs	Sep 10-Oct 1	Wed	12:00-12:30 pm
Act#: 4682	3-5 yrs	Sep 12-Oct 3	Fri	12:00-12:30 pm
Act#: 4683	6-10 yrs	Sep 8-29	Mon	5:00-5:30 pm
Act#: 4684	6-10 yrs	Sep 10-Oct 1	Wed	5:00-5:30 pm
Act#: 4685	6-10 yrs	Sep 12-Oct 3	Fri	5:00-5:30 pm
Act#: 4686	3-5 yrs	Oct 4-25	Sat	10:30-11:00 am
Act#: 4687	3-5 yrs	Oct 5-26	Sun	10:30-11:00 am
Act#: 4688	3-5 yrs	Oct 6-27	Mon	12:00-12:30 pm
Act#: 4689	3-5 yrs	Oct 8-29	Wed	12:00-12:30 pm
Act#: 4690	3-5 yrs	Oct 10-31	Fri	12:00-12:30 pm
Act#: 4691	6-10 yrs	Oct 6-27	Mon	5:00-5:30 pm
Act#: 4692	6-10 yrs	Oct 8-29	Wed	5:00-5:30 pm
Act#: 4693	6-10 yrs	Oct 10-30	Fri	5:00-5:30 pm
Act#: 4694	3-5 yrs	Nov 1-22	Sat	10:30-11:00 am
Act#: 4695	3-5 yrs	Nov 2-23	Sun	10:30-11:00 am
Act#: 4696	3-5 yrs	Nov 3-24	Mon	12:00-12:30 pm
Act#: 4697	3-5 yrs	Nov 5-26	Wed	12:00-12:30 pm
Act#: 4698	3-5 yrs	Nov 7-28	Fri	12:00-12:30 pm
Act#: 4699	6-10 yrs	Nov 3-24	Mon	5:00-5:30 pm
Act#: 4700	6-10 yrs	Nov 5-26	Wed	5:00-5:30 pm
Act#: 4701	6-10 yrs	Nov 7-28	Fri	5:00-5:30 pm

## Princess Ballet & Creative Movement

This class teaches the basics of ballet and dance through terminology and imagery. Dancers will also get to create their own princess props to take home, hear stories and dress up in princess tutus. Class is part of OCPD Dance progression program where dancers can track their accomplishments and receive certificate of achievement. Ballet shoes required. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for recommended attire and more info.

Instructor: OC Dance Productions staff

Fee: \$74 per person – Resident  
\$79 per person – Non-Resident  
(6-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4571	3-5 yrs	Sep 15-Oct 20	Mon	10:00-10:45 am
Act#: 4572	3-5 yrs	Oct 27-Dec 1	Mon	10:00-10:45 am

## Story Time Theatre



Children will delight as they take a magical journey to fairyland where they will listen to and act out their favorite magical fairytale characters. Stories will be animated with puppets, flannel boards, singing, dancing, movement and more. The fun continues as the children are guided to become the characters and retell the story using dramatic play, improvisation, props and their imagination! Each child will be given the opportunity to share their dramatic flair and bring alive favorite story time characters while learning and being introduced to setting, characters, plot, and resolution, all elements to familiarize children with basic story structure. Parents must be present but participation is optional.

Instructor: Hillary Gerber

Fee: \$84 per person – Resident  
\$89 per person – Non-Resident  
(6-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4642	3-5 yrs	Sept 10-Oct 15	Wed	10:00 -11:00 am
Act#: 4643	3-5 yrs	Oct 29-Dec 3	Wed	10:00-11:00 am

## Pre-Glee

Introduce your child to a world of music through our exciting singing class. Your child will learn music basics such as rhythm, notes, and dynamics through singing, dancing, and musical instruments. This four-week singing class will finish with a mini-recital, where your little one can feel what it is like to sing on a stage.

Instructor: Glee Music Academy Staff

Fee: \$49 per person – Resident  
\$54 per person – Non-Resident  
(4-week sessions)

Location: Glee Music Academy (25 South Pointe Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4654	4-6 yrs	Sep 8-29	Mon	3:30-4:15 pm
Act#: 4655	4-6 yrs	Oct 6-27	Mon	3:30-4:15 pm
Act#: 4656	4-6 yrs	Nov 3-Dec 1*	Mon	3:30-4:15 pm
Act#: 4657	4-6 yrs	Sep 11-Oct 2	Thu	3:30-4:15 pm
Act#: 4658	4-6 yrs	Oct 9-30	Thu	3:30-4:15 pm
Act#: 4659	4-6 yrs	Nov 6-Dec 4**	Thu	3:30-4:15 pm

\*No class 11/10

\*\*No class 11/27

## Age Minimum And Maximum

When registering for programs online, if your child is under the minimum or over the maximum age for a particular program, you will not be able to register them. In some cases, an instructor will allow those interested in participating who are close to the age minimum and maximum to register. However, this is at the discretion of the instructor and we cannot guarantee registration will be permitted. Call us at (949) 461-3450 during normal business hours if you want to discuss adding your child to a class.



## Tennis For Everyone ~ Youth

Children are invited to learn to play this fascinating sport. Participants will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident  
\$100 per participant – Non-Resident  
(8-week session)

Materials Fee: A \$10 T-shirt fee (uniform) payable to the instructor first day of class.

Location: Monday classes – Pittsford Park (21701 Pittsford Dr)  
Wednesday classes – Foothill Ranch  
Community Park (19422 Rue De Valore)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4573	3-5 yrs	Sep 29-Nov 17	Mon	3:30-4:30 pm
Act#: 4574	6-7 yrs	Sep 29-Nov 17	Mon	4:30-5:30 pm
Act#: 4575	8-12 yrs	Sep 29-Nov 17	Mon	5:30-6:30 pm
Act#: 4576	3-5 yrs	Oct 1-Nov 19	Wed	3:30-4:30 pm
Act#: 4577	6-7 yrs	Oct 1-Nov 19	Wed	4:30-5:30 pm
Act#: 4578	8-12 yrs	Oct 1-Nov 19	Wed	5:30-6:30 pm

## Art Explorations

In this beginning art class, students will combine fun drawing exercises and creative painting projects to build skills in young artists. The different elements of art will be introduced through a variety of media such as acrylics on canvas, pastels, charcoal, watercolors, and more. Emphasis is placed on techniques as students explore the work of famous artists and create their own. All materials and aprons will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$71 per person – Resident  
\$76 per person – Non-Resident  
(5-week session)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4594	6-12 yrs	Sep 17-Oct 15	Wed	4:30-5:45 pm
------------	----------	---------------	-----	--------------

## Youth Gymnastics

This is an introduction to gymnastics for 6-12 year olds! This course teaches basic skills for floor exercise, bars, balance beam, and vault along with a 30 foot long trampoline. Participants will learn cartwheels, round offs, back handsprings and much more. Most of all everyone will have fun!!!! This class also includes **FREE open play** for anyone signed up in our gymnastics program. Open play is every Thursday 1-2 pm.

Instructor: Us Too Center Staff

Fee: \$45 per person – Resident  
\$50 per person – Non-Resident  
(4-week sessions)

Location: Us Too Center (25 Spectrum Pointe Dr #405)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4556	6-9 yrs	Sep 2-23	Tue	5:45-6:30 pm
Act#: 4557	6-9 yrs	Sep 30-Oct 21	Tue	5:45-6:30 pm
Act#: 4558	6-9 yrs	Oct 28-Nov 18	Tue	5:45-6:30 pm
Act#: 4559	9-12 yrs	Sep 4-25	Thu	6:30-7:15 pm
Act#: 4560	9-12 yrs	Oct 2-23	Thu	6:30-7:15 pm
Act#: 4561	9-12 yrs	Oct 30-Nov 20	Thu	6:30-7:15 pm

## Zumba® Kids

Boys and Girls will keep active with the Zumba® Kids program. It is the ultimate dance-fitness party for young Zumba fans ages 7-12, where you can play it loud and rock with friends to your own rules! This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching! Our certified instructor will teach you Hip Hop, Salsa, Reggaton, and other crazy-cool Dance-Fitness moves. Free demo class is September 23rd, please RSVP to raelyn@oczumbafitness.com as space is limited!

Instructor: Raelyn Brachmann

Fee: \$45 per person – Resident  
\$50 per person – Non-Resident  
(6-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4703	7-12 yrs	Sep 30-Nov 4	Tue	4:00-5:00 pm
------------	----------	--------------	-----	--------------

**Fall Registration Dates:**  
Tuesday, August 12 (Lake Forest Residents)  
Tuesday, August 19 (Non-Residents)

## Beginners Afternoon Knitting Club



"Not Your Grandmother's Knitting" for kids. Learn to knit, cast on, do a couple of different stitches and cast off. Make a fun and funky hat, bag, animal, wrist band or your own amazing creation! We know that knitting connects synapsis in the brain [knitting helps make you smart!], but who cares about that when you are having FUN! Instructor is London trained and has thirty years of teaching experience.

Instructor: Elisabeth Clark

Fee: \$85 per person – Resident  
\$90 per person – Non-Resident  
(8-week class)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4641 7-12 yrs Sep 13-Nov 1 Sat 1:00 -2:30 pm**

## Glee Girls

Glee Girls sing in 2-part harmony with piano accompaniment. Teaching harmony at this young age will develop their ear and give them confidence in reading music. By using popular music as our repertoire, we make the Glee experience educational without participants even realizing how much they are learning.

Instructor: Glee Music Academy Staff

Fee: \$49 per person – Resident  
\$54 per person – Non-Resident  
(4-week sessions)

Location: Glee Music Academy (25 South Pointe Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4660 7- 12 yrs Sep 8-29 Mon 4:30-5:15 pm**

**Act#: 4661 7- 12 yrs Oct 6-27 Mon 4:30-5:15 pm**

**Act#: 4662 7- 12 yrs Nov 3-Dec 1\* Mon 4:30-5:15 pm**

**\*No class 11/10**

## Culinary Kids

Culinary Kids is an appetizing adventure where children create healthy meals to share with family and friends. From the oven to your tummy, chefs will be inspired to cook, create, and experiment in the kitchen. Come mash, mix, and mingle in the kitchen and make lots of zesty new friends in the process.

Instructor: Bonnie Bachelor

Fee: \$120 per person – Resident  
\$125 per person – Non-Resident  
(6-week session)

Material Fee: An additional \$36 materials fee is due to instructor during the first class

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4591 3-5 yrs Sep 16-Oct 21 Tue 10:00-11:00 am**

## Young Creators: Fun with Video Game Design



Learn how to create and design a unique and interactive video game with Freshi Game Design! Beginning Game Developers work in pairs to conceive, design and build their own original computer game. Everything created for their game is original to the team—the characters, the action, the background, the music and the format. Students use creative and critical thinking to complete their games and build teamwork skills working in partners.

Instructor: Freshi Media Staff

Fee: \$110 per person – Resident  
\$115 per person – Non-Resident (8-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4593 7-13 yrs Sep 23-Nov 18\* Tue 3:30-4:45 pm**

**\*No class on 11/11**

## Tech Builders: App Design

The Freshi Media App Design class is a fun and exciting introduction for students who want to learn different aspects of computer based App Design. Utilizing Multimedia Fusion 2 software, students work closely with instructors to create individual computer based apps. Students will complete one app project, which combines fun game based apps and practical utility apps.

Instructor: Freshi Media Staff

Fee: \$110 per person – Resident  
\$115 per person – Non-Resident (8-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4592 7-13 yrs Sep 25-Nov 13 Thu 3:30-4:45 pm**

**Did you know you can register for classes and programs 24/7?**



Our online registration is ready when you are! Whether you are an early bird or a night owl,



you can sign up for your favorite classes when it's most convenient for you. Visit [online.activecommunities.com/lfreconline](http://online.activecommunities.com/lfreconline) and you'll be on your way!

## Beginning Guitar

Playing the guitar is an enjoyable way to enrich your life through music. This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several open position chords and many strum styles and time signatures. Students must bring their own guitar and tuner.

Instructor: Ron Gorman

Fee: \$69 per person – Resident  
\$74 per person – Non-Resident  
(3-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4596 10 yrs-Adult Dec 3-17 Wed 5:00-6:00 pm**

## Beginning Ukulele



Learn to play the Ukulele in a friendly and supportive environment. You will learn easy chords, how to read tablature and how to play different strum styles. No previous musical experience required. You must bring your own ukulele to class.

Instructor: Ron Gorman

Fee: \$69 per person – Resident  
\$74 per person – Non-Resident  
(3-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4595 10 yrs-Adult Dec 3-17 Wed 6:00-7:00 pm**

## 10 Million Kids Outdoors



The City of Lake Forest is partnering with the National Recreation and Park Association (NRPA) and the National Wildlife Federation's 10 Million Kids Outdoors Campaign. This three-year initiative seeks a future in which all children spend time outside each day – creating a generation of happier and healthier children with more awareness and connection to the natural world. Get your kids outside this summer...we have so many great ways for your family to enjoy the great outdoors right here in Lake Forest!



## Basic First Aid

This American Safety and Health Institute (ASHI) course meets OSHA requirements and is EMSA-approved for daycare providers. This course covers how to treat bleeding, burns, shock and other emergencies. Participants will receive a First Aid card valid for two years. **Participants should bring a self-addressed stamped envelope.** Please note: This is not a Health Care Provider level course.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: Free/ Resident  
\$5/Non-Resident

**(Pre-Registration is required for this course and space is limited)**

Material Fee: An additional \$15 material fee is due to instructor the day of class

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4597 10-Adult Nov 8 Sat 3:00-5:00 pm**

## CPR: Adult, Child & Infant

The ability to perform CPR properly is a lifesaving skill that everyone could benefit from learning. This American Safety and Health Institute (ASHI) course meets the requirements of OSHA and is EMSA approved for daycare providers. This course covers CPR and the Heimlich maneuver for adults, children and infants. In addition, each participant will have his/her own 2 mannequins on which to practice. Participants will receive a certification card which is valid for 2 years. Participants should bring a self-addressed stamped envelope. Please Note: This is not a Healthcare Provider level course. (Pre-Registration is required for this course and space is limited.)

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 per person – Resident  
\$33 per person – Non-Resident  
(one-time workshop)

Material Fee: An additional \$15 material fee is due to instructor the day of class

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4598 10-Adult Oct 1 Wed 7:00-9:45 pm**  
**Act#: 4599 10-Adult Nov 8 Sat 12:30-3:00 pm**

## Done with this brochure?

Don't throw it away!  
Pass it on to your friends  
and family so they can  
sign up for our great  
Fall programs too!



## Seriously Awesome Sitters

Here's the ultimate babysitter preparation class! Not only will you become certified in Basic First Aid and Adult, Child and Infant CPR, but you'll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you'll be recognized as an awesome sitter who will be asked back again and again! **An additional \$40 material fee is payable to the instructor in class for training manuals, certification cards, mannequins, supplies, etc.** Please bring a self-addressed stamped envelope, pen/pencil, lunch, and infant-sized doll or Teddy Bear to class.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 per person – Resident  
\$33 per person – Non-Resident  
(one-time workshop)

Material Fee: An additional \$40 material fee is due to instructor the day of class

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4600 10-Adult Nov 8 Sat 10:00 am-5:00 pm

## Adult

### Tennis For Everyone ~ Adult

You will do it all, from drills to match play, in a fast-paced, fun-filled environment. The beginning class will work on the basics, such as: technique, footwork and rules of the game. The intermediate class will focus on: stroke production, tennis drills and match play. Please bring an unopened can of tennis balls to the first class meeting. A \$10 T-shirt fee (optional) is payable to the instructor on the first day of class.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident  
\$100 per participant – Non-Resident  
(8-week session)

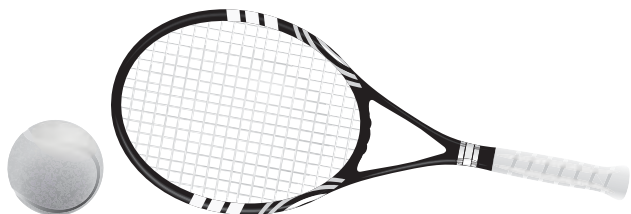
Location: El Toro Park Tennis Courts (23701 Los Alisos Blvd)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4579 16 yrs & up Oct 4-Nov 22 Beg Sat 9:00-10:00 am

Act#: 4580 16 yrs & up Oct 4-Nov 22 Int Sat 10:00-11:00 am



## Get Golf Ready

Come learn how to take your golf game to the next level from the instructors at the Lake Forest Golf and Practice Center. Whether you're a beginner or just looking to shave a few strokes off of your game, this course will help get you there! Enrollment includes: fundamentals on the full swing, chipping, pitching, sand play, putting and on course instruction. Take advantage of this incredible offer!

Instructor: Lake Forest Golf and Practice Center staff

Fee: \$129 per person – Resident  
\$134 per person – Non-Resident  
(4-week session)

Location: Lake Forest Golf and Practice Center  
(23308 Cherry Ave)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4601	18 yrs & up	Sep 4-25	Thu	6:00-7:00 pm
Act#: 4602	18 yrs & up	Sep 7-28	Sun	1:00-2:00 pm
Act#: 4603	18 yrs & up	Sep 10-Oct 1	Wed	6:00-7:00 pm
Act#: 4604	18 yrs & up	Sep 13-Oct 4	Sat	12:00-1:00 pm
Act#: 4605	18 yrs & up	Sep 19-Oct 10	Fri	7:00-8:00 pm
Act#: 4606	18 yrs & up	Sep 21-Oct 12	Sun	12:00-1:00 pm
Act#: 4607	18 yrs & up	Oct 2-23	Thu	5:00-6:00 pm
Act#: 4608	18 yrs & up	Oct 5-26	Sun	12:00 -1:00 pm
Act#: 4609	18 yrs & up	Oct 8-29	Wed	7:00-8:00 pm
Act#: 4610	18 yrs & up	Oct 11-Nov 1	Sat	1:00-2:00 pm
Act#: 4611	18 yrs & up	Oct 17-Nov 7	Fri	6:00-7:00 pm
Act#: 4612	18 yrs & up	Oct 19-Nov 9	Sun	1:00-2:00 pm
Act#: 4613	18 yrs & up	Nov 6-27	Thu	6:00-7:00 pm
Act#: 4614	18 yrs & up	Nov 9-30	Sun	1:00-2:00 pm
Act#: 4615	18 yrs & up	Nov 12-Dec 3	Wed	6:00-7:00 pm
Act#: 4616	18 yrs & up	Nov 15-Dec 6	Sat	1:00-2:00 pm
Act#: 4617	18 yrs & up	Nov 18-Dec 9	Tue	7:00-8:00 pm
Act#: 4618	18 yrs & up	Nov 23-Dec 14	Sun	12:00-1:00 pm

## Candlelight Yoga Flow

In this course, participants will be taken through a Vinyasa/Hatha flow within a room full of candles. Students will experience the relaxing and meditative side as well as the strengthening and sometimes challenging side of yoga by candlelight. Bring a mat and stay warm and relaxed during these courses. All skill levels welcome!

Instructor: Devann Sheuerman

Fee: \$72 per person – Resident  
\$77 per person – Non-Resident  
(6-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4619	18 & up	Aug 25-Sep 29	Mon	7:30-8:30 pm
Act#: 4620	18 & up	Aug 27-Oct 1	Wed	7:00-8:00 pm
Act#: 4621	18 & up	Oct 6-Nov 10	Mon	7:30-8:30 pm
Act#: 4622	18 & up	Oct 8-Nov 12	Wed	7:00-8:00 pm

## Cardio Yoga Booty Ballet & Sculpt

From the Hollywood studio, Swerve, burn calories and sweat while enjoying cardio dance and toning exercises used by dancers. This dance workout is a fun, motivating way to get a great workout burning calories and fat through the hybrid of cardio and muscle fatigue. Participants learn basic cardio dance movements that are easy to follow, tone entire body with ballet & pilates movements and then strengthen and lengthen with a hybrid of hatha yoga. Class is perfect for those that crave the balance of cardio but want to tone, burn and then conclude with relaxing yoga. Class is perfect for those that crave the balance of cardio but want to tone, burn and then conclude with relaxing yoga. Participants need to bring yoga mat, water and 2 lb. weights. For more information on Orange County Dance Productions and Yoga Booty Ballet please visit [OCDanceProductions.com](http://OCDanceProductions.com).

Instructor: OC Dance Productions Staff

Fee: \$119 per person – Resident  
\$124 per person – Non-Resident  
(10-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4705 18 & up Sep 15-Nov 17 Mon 6:30-7:30 pm**

## Zumba Gold

Zumba Gold is a low impact fitness program that utilizes combinations of exciting and motivating Latin and International rhythms to tone and strengthen the body. The program is designed for active older adults, the true beginner or anyone interested in a low impact program that is effective and easy to follow. **These classes are ongoing and class packages are provided with registration.**

Instructor: Angie Velez

Fee: **Act#: 4623** One-Time \$8 per person – Resident  
\$13 per person – Non-Resident

**Act#: 4624** 5-class package \$40 per person – Resident  
\$45 per person – Non-Resident

**Act#: 4625** 10-class package \$72 per person – Resident  
\$77 per person – Non-Resident

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Mail-In or Walk-In. Online registration is not available for this program.**

**For more info call: The City of Lake Forest at 461-3450**

**18 & up Ongoing Sat 10:00-11:00 am**

## Could we have your email address?

In order to keep you in the loop with exciting news and various class and program updates from Community Services, it's important that we have your current email address. Just give us a call during normal business hours and we'll update your family account with the info. If you don't already have a family account set up with us, we can help you with that, too!



"Benny" Grosso

## Dog Obedience

For dogs at least 4 months old, this class focuses on basic obedience and solving behavior problems such as biting, jumping, barking, chewing, and digging. The primary goal is to turn the unruly pet into an enjoyable, well-mannered companion and a member of the family. Do not bring dog to first class. Owner must provide proof of vaccinations, choke chain, and leash.

*(Participants who show proof of adopting an animal from the Orange County Animal Shelter within six months of the adoption date, will receive a 25% discount on the registration fee. Only valid for Mail-in and Walk-In registration with copy of adoption papers. Online registration is not available for discount program.)*

Instructor: Mari Quillman

Fee: \$65 per person – Resident  
\$70 per person – Non-Resident  
(8-week session)

Location: Pittsford Park (21701 Pittsford Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4626 Families Sep 3-Oct 22 Wed 6:30-7:30 pm**

## Dog Agility Training

These classes are an introduction and continuation to one of the fastest growing sports around – dog agility. Our Intelligent Agility classes focus on learning the basic obstacles in an agility course, strengthening the bond between you and your dog, getting a little extra oxygen into the bloodstream and having a really good time with your pooch. These courses will not be strenuous, but you may have to make a few funny faces to get your dog's attention. At the end of the course you will be surprised at how much both you and your dog have learned. Dogs must have proof of vaccination and have completed a previous obedience class. Dogs also must be at least 8 months of age to participate.

Instructor: Erin Riley

Fee: \$125 per person – Resident  
\$130 per person – Non-Resident  
(5-week session)

Location: Pittsford Park (21701 Pittsford Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4627 Adult Sep 27-Oct 25 Beg Sat 12:30-1:30 pm**

**Act#: 4628 Adult Sep 27-Oct 25 Int Sat 11:15 am-12:15 pm**

**Act#: 4629 Adult Sep 27-Oct 25 Adv Sat 10:00-11:00 am**



## Dog Lure Coursing

Lure Coursing is a fast-paced, fun chase sport. Dogs run after a "bunny" lure (usually a white plastic bag) that is attached to a line that is controlled by a machine and a lure operator. The machine runs the line at the speed determined by the lure operator (and the dogs) and the dogs chase the lure. This is the only place in Orange County where your dog can participate in this sport!

Instructor: Erin Riley

Fee: \$125 per person – Resident  
\$130 per person – Non-Resident  
(5-week session)

Location: Pittsford Park (21701 Pittsford Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4630 Adult Sep 27-Nov 22\* Sat 3:30-4:30 pm**

**\*Class meets every other Saturday**

## Help, I'm Overwhelmed with Photos!

Are your photos stuck in your phone, hard drive or multiple social media pages? Are your photos in boxes and drawers all over your home? In this class you will learn how to organize your photos, make beautiful digital scrapbooks and pages, as well as how to make fast traditional albums. You will have access to a FREE photo organization app as well as other organizational and digital tools. Please bring 10-12 photos with you to create a Simply Said Scrapbook in class.

Instructor: Kim Martin

Fee: \$25 per person – Resident  
\$30 per person – Non-Resident  
(1-day workshop)

Material Fee: An additional \$15 material fee is due to instructor

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4631 Adult Sep 18 Thu 7:00-9:30 pm**

## Simply Digital: Digital Scrapbooking

Are your photos stuck in your phone, hard drive or multiple social media pages? Are your photos in boxes and drawers all over your home? In this class you will learn step-by-step instruction on how to create beautiful digital scrapbooks, 12x12 page prints, invitations, cards, party favors and more!

Instructor: Kim Martin

Fee: \$25 per person – Resident  
\$30 per person – Non-Resident  
(1-day workshop)

Material Fee: An additional \$40 material fee is due to instructor

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4633 Adult Oct 16 Thu 7:00-9:30 pm**

## Kung Fu: Self-Defense

Over the course of 16 classes, we will focus on self-defense, fitness and self-knowledge. Kung fu is a self-defense system. It also strengthens tendons, stretches muscles and invigorates joints and tissues. Kung fu challenges your body and mind, cultivates self-discipline and increases strength and flexibility. Lau Kune Do utilizes the centerline theory and maximizes efficiency, directness, economy of motion and speed. Please wear comfortable, loose fitting clothing. Shoes are optional. In order to insure quality instruction and comfort, there is a 15-student limit for this class.

Instructor: Master Richard Tsim, Sihing Paul Bennett

Fee: \$120 per person – Resident  
\$125 per person – Non-Resident  
(8-week session)

Location: Lau Kune Do School of Martial Arts  
(22762 Aspan St., #207)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4635 18 & up Sep 8-Oct 29 Mon & Wed 7:00-8:00 pm**

**Act#: 4636 18 & up Sep 9-Oct 30 Tue & Thu 6:00-7:00 pm**

## Tai Chi/Qi Gong: Relaxation, Balance and Stress Reduction

Over the course of 16 structured classes, you will learn to cultivate your own internal energy and reduce stress the natural way with the flowing, gentle art of tai chi. This meditative art focuses on relaxation, stress reduction and returning the body to its natural state of balance. You can expect your energy levels to skyrocket while your circulatory, nervous and respiratory systems strengthen and harmonize. Tai chi increases flexibility through simple stretching and helps galvanize the joints, tendons and bones from degenerating diseases, accidents or over-use. Please wear comfortable, loose fitting clothing. In order to ensure quality instruction and comfort, there is a 15-student limit for this class.

Instructor: Master Richard Tsim

Fee: \$120 per person – Resident  
\$125 per person – Non-Resident  
(8-week session)

Location: Lau Kune Do School of Martial Arts  
(22762 Aspan St., #207)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4637 18 & up Sep 8-Oct 29 Mon & Wed 6:00-7:00 pm**

**Act#: 4638 18 & up Sep 9-Oct 30 Tue & Thu 7:00-8:00 pm**

# Save time!



Register for our programs online at  
[www.online.activecommunities.com/lfreonline](http://www.online.activecommunities.com/lfreonline)

## SPECIAL NEEDS

*us too gymnastics, inc.*  
For Kids who need a little extra help

*The City of Lake Forest in conjunction with Us Too Gymnastics is excited to be able to offer recreation programs for children with special needs.*

### Us Too Gymnastics for Kids with Special Needs

Our Gymnastics class is specifically designed for children and teens with special needs (Autism, Down Syndrome, etc.) your child will learn basic gymnastics, while working on social behaviors and taking turns, but most of all they will have fun. The ratio for our class is 3-5 students to 2 instructors. Call to set up a free trial and get your child signed up. Make sure to mention the city to get our special price for Lake Forest residents. This class also includes free open play for anyone signed up in our gymnastics program. Open play is every Thursday from 1-2 pm. Enrollment allows for four 45-minute classes. Please call to set up individual dates and times.

Instructors: Us Too Center Staff

Fee: \$75 per month – Resident  
\$80 per month – Non-Resident

Location: Us Too Gymnastics (25 Spectrum Pointe Dr #405)

**To Register: Mail In, Walk-In. On-line registration is not available for this program.**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4639    3-19 yrs    On-going    Mon-Sat    varies**

**New!**

### Autumn Leaves Are Falling! Adult Special Needs Dance

Come and celebrate everything you love about fall – leaves changing color, the arrival of cooler weather, and planning for Thanksgiving with family and friends! You will enjoy dancing as our DJ spins some fun tunes! Make new friends while sipping on some apple cider! Additional refreshments will be served. We may even play a game or two!

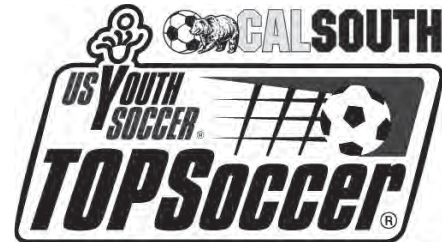
**Register at the door**

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**For more info call: The City of Lake Forest at 461-3450 or email [mnorment@lakeforestca.gov](mailto:mnorment@lakeforestca.gov)**

**Adults 18+    Nov 7    Fri    7:00-9:00 pm**

## What Is "TOPSoccer"?



**TOPSoccer, The Outreach Program for Soccer, is a community-based soccer program for young athletes with physical and mental disabilities.**

- ⚽ TOPSoccer provides a safe and fun environment for athletes with special needs to participate in organized sports.
- ⚽ Athletes between ages 4 and 30 compete in the program, which emphasizes development, training, and meaningful participation rather than competition. It's ALL about FUN!
- ⚽ Thousands of young athletes with disabilities become valued and successful members of Cal South.
- ⚽ TOPSoccer is currently being offered by Laguna Niguel Youth Soccer Association.

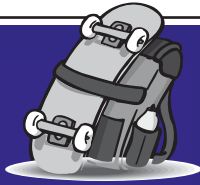
For more info, please contact:

**Rick Trevers:** [Laguna Niguel Youth Soccer Association](http://LagunaNiguelYouthSoccerAssociation.org)  
[Rick.Trevers@LNYSO.org](mailto:Rick.Trevers@LNYSO.org)

**Sandy Castillo:** [scastillo@calsouth.com](mailto:scastillo@calsouth.com) or visit [calsouth.com/topsoccer](http://calsouth.com/topsoccer)



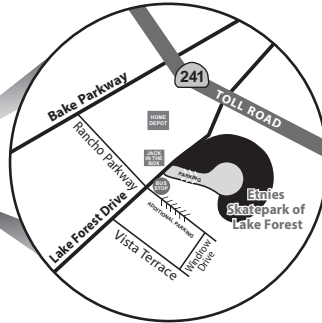
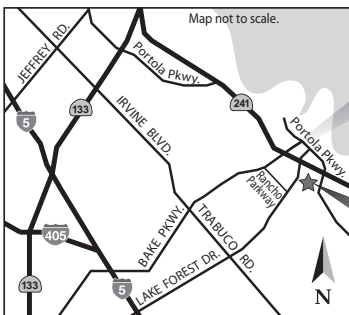
# ETNIES SKATEPARK OF LAKE FOREST



Voted "Best Skatepark 2013" – *Best of OCRegister*  
 "#1 Family Friendly Reader's Choice 2013"  
 Award from *ParentingOC Magazine*



Etnies Skatepark  
 of Lake Forest  
 20028 Lake Forest Drive  
 Lake Forest, CA 92630



Come visit Lake Forest's own award winning, world class skate-board facility. At over 62,000 square feet, the Skatepark is a destination spot for skateboarders from around the world. The Park is open to the public 7 days a week, including most holidays.

Park Entry Fee: Free to ride. Non Residents of Lake Forest must pay a nominal fee of \$5 for the printing of their ID card. Sessions are still free thanks to the City of Lake Forest.

Location: 20028 Lake Forest Dr.

Phone: 916-5870

**In the case of inclement weather, please call ahead to see if the Park is open.**

Make sure to visit the Skatepark on the web at [www.EtniesSkatepark.com](http://www.EtniesSkatepark.com). Also follow us on Facebook and Twitter for up-to-date news and weather conditions. The website features interactive tours of the park, up to date news, links to the Skatepark Twitter and Facebook, photos and videos of recent events, and a collection of history and information about the Skatepark. It is updated weekly with new content so stop by and check it out including regular updates about the expansion project!

**Skate Sessions** Monday-Thursday . . . . . 11:00 am-9:00 pm  
 Friday . . . . . 11:00 am-10:00 pm  
 Saturday . . . . . 10:00 am-10:00 pm  
 Sunday . . . . . 10:00 am-9:00 pm

## FALL HOLIDAY SCHEDULE

The park will be closed  
 Thanksgiving Day, Thursday, November 27.



## 2014 Fall Classic Skate Contest Series

The Fall Classic contest series is going on its 11th year and this year promises to be the best yet! The Hallow's Eve Bowl Bash is a crowd favorite, great for skaters and spectators. It is the premiere bowl contest held at the Skatepark. The Fall Classic Street Contest is our annual street contest with a new obstacle this year. Details will be available closer to the date of each contest at the Skatepark office or check [EtniesSkatepark.com](http://EtniesSkatepark.com) for more information. **Registration will take place the morning of each day at the park beginning at 9:00 am (2:00 pm for Bowl Event).**

Fee: \$20 day of entry fee per event – includes a contest t-shirt

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

**For more info call: The Skatepark at 916-5870**

**All Ages Hallow's Eve Bowl Jam Oct 25 Sat 3:00-10:00 pm**  
**All Ages Skate Street Contest Nov 15 Sat 10:00 am-6:00 pm**

**Interested Vendors wishing to have a booth at any event or for sponsorship opportunities, please email [Ngates@lakeforestca.gov](mailto:Ngates@lakeforestca.gov) or call 916-5870.**

## Live Music Showcase Fall 2014

The Etnies Skatepark of Lake Forest is proud to be the only all-ages venue for live music in South Orange County. Skate or enjoy the tunes in a safe environment. Bands like JFA, The Stitches, Dubluva, and many others have donated their time and energy to help raise money to keep our park free to ride. Support your local Skatepark and enjoy a night of great tunes! Do you have a band interested in playing at the park? Drop off a demo CD at the Skatepark office with your contact information and we will review it for a future show!

Fee: \$5 entry fee per person

Location: Etnies Skatepark of Lake Forest  
 (20028 Lake Forest Dr)

**For more info and specific bands playing, call:  
 The Skatepark at 916-5870**

**All Ages Sep 12 Fri 6:00-10:00 pm**  
**All Ages Oct 10 Fri 6:00-10:00 pm**



## Labor Day Weekend Skatepark Campout

Come celebrate the end of summer with the annual Labor Day Weekend Skatepark Campout. This event is for all ages and will be supervised. Skateboard, camp, and watch movies! Snacks and breakfast will be served for the campers. You'll need to bring a sleeping bag even though you most likely will skate all night! Midnight madness contest as well as many other fun activities will be held during the evening. The gates will be locked at 10:00 pm and campers will not be permitted to leave until 9:00 am the following morning.

Fee: \$30 per person

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

**To Register: Sign up at the Skatepark night of the event only!**

**For more info call: The Skatepark at 916-5870**

**All Ages Aug 29/30 Fri/Sat 10:00 pm Fri - 9:00 am Sat**

## Etnies Fall Skate Camp

Choose this Fall break to spend a week at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. Our staff barbeques lunch for all campers on a daily basis. Specific clinics covered during camp lesson times include the basics of ollies, how to kick flip, how to grind, bowl riding, and skating transitions. All camp activities will be held by experienced Skatepark staff who have a proven successful track record in improving skateboard skills. Hone your skills on a variety of the best Skatepark terrain around including the skull bowl, the flow bowl, two large flow courses, Orange County's only cradle, and world class street areas. Each participant will receive an official Etnies Skatepark of Lake Forest t-shirt with enrollment and a lunch/drink each day. All proceeds go directly to keeping the park free.

Instructor: Skatepark Staff

Fee: \$99 per person Limited to 10 per session.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The Skatepark at 916-5870**

**Act #: 4710 6-17 yrs Nov 24-26 Mon-Wed 10:00 am-2:00 pm**

## Beginning Skateboard Lessons



Have you wanted to start skateboarding but don't know where to begin? Ever wanted to experience the rush of a skateboard, but lack the courage and the know-how? This is the class for you. Designed for all ages, these lessons can help develop the skills needed to succeed on your skateboard. Skills practiced during this class are pushing correctly, balance, turning, rolling down banks, learning how to Ollie, and the most important topic, safety in the skateboard park. Full protective gear consisting of a helmet, elbow pads, and knee

pads is required. A skateboard purchased from a skateboard shop is highly recommended. A quality board turns better, rolls better, and is much safer to use. This is the most economical skateboard class offered in Orange County. The class maximum is 10 participants to 1 Teacher. If you desire more one on one time in lessons, we would suggest signing up for private lessons.

Instructor: Skatepark Staff

Fee: \$65 – 4 week session

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 4721	<b>6 yrs &amp; up</b>	<b>Sep 2-23</b>	<b>Tue</b>	<b>4:00-5:00 pm</b>
<b>Act#:</b> 4722	<b>6 yrs &amp; up</b>	<b>Oct 7-28</b>	<b>Tue</b>	<b>4:00-5:00 pm</b>
<b>Act#:</b> 4723	<b>6 yrs &amp; up</b>	<b>Nov 4-25</b>	<b>Tue</b>	<b>4:00-5:00 pm</b>
<b>Act#:</b> 4724	<b>6 yrs &amp; up</b>	<b>Sep 6-27</b>	<b>Sat</b>	<b>9:00-10:00 am</b>
<b>Act#:</b> 4719	<b>6 yrs &amp; up</b>	<b>Oct 4-25</b>	<b>Sat</b>	<b>9:00-10:00 am</b>
<b>Act#:</b> 4720	<b>6 yrs &amp; up</b>	<b>Nov 1-22</b>	<b>Sat</b>	<b>9:00-10:00 am</b>



## Intermediate Skateboard Lessons

Did you start in the beginning skateboard lessons and have graduated with the basic skills? Now it is time to move up to the intermediate lessons. This class is designed for riders who know some basics but desire to improve. Skills covered in this class are the art of Ollies, ledges, pools, vert, overall park usage and even help with contest skating. This is a fundamental class which can help those wanting to improve and hone their skills. Full protective gear consisting of a helmet, elbow pads, and knee pads is required.

Instructor: Skatepark Staff

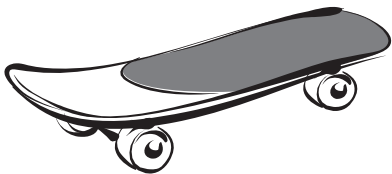
Fee: \$65 – 4 week session

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4725	6 yrs & up	Sep 2-23	Tue	5:00-6:00 pm
Act#: 4726	6 yrs & up	Oct 7-28	Tue	5:00-6:00 pm
Act#: 4727	6 yrs & up	Nov 4-25	Tue	5:00-6:00 pm
Act#: 4728	6 yrs & up	Sep 6-27	Sat	10:00-11:00 am
Act#: 4729	6 yrs & up	Oct 4-25	Sat	10:00-11:00 am
Act#: 4730	6 yrs & up	Nov 1-22	Sat	10:00-11:00 am



## 10 Million Kids Outdoors



The City of Lake Forest is partnering with the National Recreation and Park Association (NRPA) and the National Wildlife Federation's 10 Million Kids Outdoors Campaign. This three-year initiative seeks a future in which all children spend time outside each day—creating a generation of happier and healthier children with more awareness and connection to the natural world. Get your kids outside this summer...we have so many great ways for your family to enjoy the great outdoors right here in Lake Forest!



## Private Skateboard Lessons

One on One instruction from the basics to advanced techniques. Private lessons offer the most attention to detail for each participant and are offered at an affordable price. Lessons are taught by experienced staff who specialize in teaching lessons catered to each individual. Whatever you may want to learn, we have some of the best teachers as well as the best Skatepark around to meet all of your learning needs.

Instructor: Skatepark Staff

Fee: \$40 – per forty five minute session. Sign up for a month of classes for \$140 per 4-lesson package (a \$160 value). Choose the time that works best with your busy schedules.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Mail-In, Walk-In. Online registration is not available for this program.

### SEPTEMBER

Act#: 4731 Sep -A	6 yrs & up	Sep 4	Thu	3:00 pm
Act#: 4731 Sep-B	6 yrs & up	Sep 4	Thu	4:00 pm
Act#: 4731 Sep-C	6 yrs & up	Sep 4	Thu	5:00 pm
Act#: 4731 Sep-D	6 yrs & up	Sep 4	Thu	6:00 pm
Act#: 4731 Sep-E	6 yrs & up	Sep 11	Thu	3:00 pm
Act#: 4731 Sep-F	6 yrs & up	Sep 11	Thu	4:00 pm
Act#: 4731 Sep-G	6 yrs & up	Sep 11	Thu	5:00 pm
Act#: 4731 Sep-H	6 yrs & up	Sep 11	Thu	6:00 pm
Act#: 4731 Sep-I	6 yrs & up	Sep 18	Thu	3:00 pm
Act#: 4731 Sep-J	6 yrs & up	Sep 18	Thu	4:00 pm
Act#: 4731 Sep-K	6 yrs & up	Sep 18	Thu	5:00 pm
Act#: 4731 Sep-L	6 yrs & up	Sep 18	Thu	6:00 pm
Act#: 4731 Sep-M	6 yrs & up	Sep 25	Thu	3:00 pm
Act#: 4731 Sep-N	6 yrs & up	Sep 25	Thu	4:00 pm
Act#: 4731 Sep-O	6 yrs & up	Sep 25	Thu	5:00 pm
Act#: 4731 Sep-P	6 yrs & up	Sep 25	Thu	6:00 pm

### OCTOBER

Act#: 4731 Oct-A	6 yrs & up	Oct 2	Thu	3:00 pm
Act#: 4731 Oct -B	6 yrs & up	Oct 2	Thu	4:00 pm
Act#: 4731 Oct -C	6 yrs & up	Oct 2	Thu	5:00 pm
Act#: 4731 Oct -D	6 yrs & up	Oct 2	Thu	6:00 pm
Act#: 4731 Oct -E	6 yrs & up	Oct 9	Thu	3:00 pm
Act#: 4731 Oct -F	6 yrs & up	Oct 9	Thu	4:00 pm
Act#: 4731 Oct-G	6 yrs & up	Oct 9	Thu	5:00 pm
Act#: 4731 Oct-H	6 yrs & up	Oct 9	Thu	6:00 pm
Act#: 4731 Oct-I	6 yrs & up	Oct 16	Thu	3:00 pm
Act#: 4731 Oct-J	6 yrs & up	Oct 16	Thu	4:00 pm
Act#: 4731 Oct-K	6 yrs & up	Oct 16	Thu	5:00 pm
Act#: 4731 Oct-L	6 yrs & up	Oct 16	Thu	6:00 pm
Act#: 4731 Oct-M	6 yrs & up	Oct 23	Thu	3:00 pm
Act#: 4731 Oct-N	6 yrs & up	Oct 23	Thu	4:00 pm
Act#: 4731 Oct-O	6 yrs & up	Oct 23	Thu	5:00 pm
Act#: 4731 Oct-P	6 yrs & up	Oct 23	Thu	6:00 pm
Act#: 4731 Oct-Q	6 yrs & up	Oct 30	Thu	3:00 pm
Act#: 4731 Oct-R	6 yrs & up	Oct 30	Thu	4:00 pm
Act#: 4731 Oct-S	6 yrs & up	Oct 30	Thu	5:00 pm
Act#: 4731 Oct-T	6 yrs & up	Oct 30	Thu	6:00 pm

### NOVEMBER

Act#: 4731 Nov-A	6 yrs & up	Nov 6	Thu	3:00 pm
Act#: 4731 Nov-B	6 yrs & up	Nov 6	Thu	4:00 pm
Act#: 4731 Nov-C	6 yrs & up	Nov 6	Thu	5:00 pm
Act#: 4731 Nov-D	6 yrs & up	Nov 6	Thu	6:00 pm
Act#: 4731 Nov-E	6 yrs & up	Nov 13	Thu	3:00 pm
Act#: 4731 Nov-F	6 yrs & up	Nov 13	Thu	4:00 pm
Act#: 4731 Nov-G	6 yrs & up	Nov 13	Thu	5:00 pm
Act#: 4731 Nov-H	6 yrs & up	Nov 13	Thu	6:00 pm
Act#: 4731 Nov-I	6 yrs & up	Nov 20	Thu	3:00 pm
Act#: 4731 Nov-J	6 yrs & up	Nov 20	Thu	4:00 pm
Act#: 4731 Nov-K	6 yrs & up	Nov 20	Thu	5:00 pm
Act#: 4731 Nov-L	6 yrs & up	Nov 20	Thu	6:00 pm

## Skateboarding Lesson and Camp Inclement Weather Policy

If a class is cancelled by the City of Lake Forest due to weather or other facility related circumstances, a make up session will be held on the last day of class. The lesson will last for 2 hours. If the last day of class is cancelled due to weather or other circumstances, a make up class will be scheduled for the participants on the next available date.

### Missed Class Policy

Classes cannot be made up if they are missed by the participant.



# Birthday Parties at the Skatepark

Make your next party an Etnies Skatepark Skate Party! The Skatepark offers two very popular birthday party packages for the best action sports party available in South Orange County for very affordable rates!



## Party Package Details

- Both packages are designed for 10 participants with the option of an additional 10 participants.
- Each party is scheduled in a 2-hour block (during the week from 11:00 am-8:00 pm or on weekends from 10:00 am-8:00 pm).
- Reservations are required at least one week in advance with a \$100 security deposit required at the time your reservation is made.
- The Skatepark is open to the public during the birthday party; however, in the case of crowds, an area will be sectioned off to ensure safety and fun.

Optional Piñata in Cradle \$65 - Includes large size piñata, stuffed with candies and grab bags. Skatepark Staff will operate piñata during party.

- The picnic bench area is decorated and reserved for your party goers.

**Note:** All park policies related to waivers and safety gear are to be followed for party goers and the party host or hostess. Cancellation policy is 72-hour advance notice or loss of deposit will occur.

**Inclement weather policy** – If the Park is rained out, the party will be rescheduled to the next most convenient time for the Park as well as the participants.

## Gold Package – \$350

Our best package includes a Skatepark t-shirt for each participant, birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$20 up to a maximum of 20 participants.

## Silver Package – \$250

Our most economic package includes birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$10 up to a maximum of 20 participants.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To reserve your birthday party, please email [etniesskatepark@lakeforestca.gov](mailto:etniesskatepark@lakeforestca.gov) or contact the Skatepark at 916-5870. Please ask to speak with a Senior Recreation Leader on duty to reserve your party. Parties are only confirmed when we receive the required security deposit.

# TEEN ACTIVITIES & EXCURSIONS

## THE Lounge

Join us for the most fun and exciting afterschool program around... The Teen Lounge! We have an X-Box One, movies, games, a computer lab, homework help and so much more. What are you waiting for? Sign up today! A FREE shuttle service is available for both Serrano and Los Alisos Intermediate Schools. The Lounge follows the SVUSD calendar, observes all school holidays and adjusts program times to accommodate minimum days. The program runs Monday through Thursday for the entire school year so the fun won't stop until its summer-time. Fridays may become available when the program moves to the new Recreation Center during the 2014-15 school year! **Pre-Registration is required for this program.**

Fee: Free

Location: The Teen Lounge  
at the Lake Forest Community Center  
(25550 Commercentre Dr)

For more info call: 461-3446 or e-mail [charris@lakeforestca.gov](mailto:charris@lakeforestca.gov).

To Register: Pick up a registration packet at the Serrano or Los Alisos Middle School offices or at the Lake Forest Community Center.

Teens 2014-2015 School Year Mon-Fri 3:30-6:00 pm  
(excluding school holidays)

## A.C.T. (Advisory Committee for Teens)

Do you want to make a difference in your community? Do you wish that there were more things to do in Lake Forest? Then get active in your community and make it happen by joining the A.C.T. Let your voice be heard! Help plan teen activities and excursions, be a part of the [LfTeens.com](http://LfTeens.com) webpage design group, volunteer for City events, and be a voice for your community. The committee meets twice a month. Teens wishing to be a part of the group must go through the application process that includes a registration packet and interview.

Fee: Free!

Location: The Lounge at the Lake Forest Community Center  
(25550 Commercentre Dr)

For more info call: 461-3450 or e-mail [mvillasenor@lakeforestca.gov](mailto:mvillasenor@lakeforestca.gov)

To Apply: Please submit an A.C.T. application, available at the Lake Forest Community Center or via the [www.lfteens.com](http://www.lfteens.com) website.

### Committee Meetings/New member information nights:

Teens	Sep 3	Wed	6:00-7:00 pm
Teens	Sep 18	Thu	6:00-7:00 pm
Teens	Oct 1	Wed	6:00-7:00 pm
Teens	Oct 16	Thu	6:00-7:00 pm
Teens	Oct 29	Wed	6:00-7:00 pm
Teens	Nov 13	Thu	6:00-7:00 pm

## "Last Fridays" Teen Nights

Join us at the end of every month and celebrate Last Fridays! Give your parents a night off and celebrate good times with friends at the Recreation Center and Teen Lounge! There will be video games, dinner and snacks, movie screenings, music, activities and maybe even surprise guest entertainers! Cool prizes will also be raffled away! These will be Friday nights you won't want to miss! Discount is given to participants who pre-register.

Fee: \$5 per person per Friday – pre-registered  
\$7 per person per Friday – at the door

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

For more info call: 461-3446 or e-mail [charris@lakeforestca.gov](mailto:charris@lakeforestca.gov).

To Register: Online, Mail-In, Walk-In

Act#: 4650 Teens 11-14 Sep 26 Fri 5:30-10:00 pm

Act#: 4651 Teens 11-14 Oct 24 Fri 5:30-10:00 pm

Act#: 4652 Teens 11-14 Nov 21\* Fri 5:30-10:00 pm

\*November night will be held at our new recreation center

## Queen Mary's "Dark Harbor"



The Queen Mary's Halloween event "Dark Harbor" returns with themed mazes, hair-raising freak shows and more. Experience thrills and chills in mazes so daunting you'll sell your soul for a chance to survive. This year, the Captain celebrates Dark Harbor by creating horrific scare zones and creatures of the night. Trip includes admission to ship, dinner and transportation. Grab your friends and sign up for this fun frightening experience today!

Fee: \$30 per person

Location: Queen Mary Ship, Long Beach, CA

Departure Location: Lake Forest Community Center  
(25550 Commercentre Dr)

Registration Deadline: Thursday, October 2

To Register: Online, Mail-In, Walk-In

For More Info Call: 461-3446 or email [charris@lakeforestca.gov](mailto:charris@lakeforestca.gov)

Act#: 4653 Teens 12-18 Oct 3 Fri 5:00 pm-12:30 am

## Teen Turkey Days Mini Camp



Get ready for Thanksgiving by experiencing fun and exciting trips and activities during the school break! This short camp will include crafts, activities and even excursions to places like Pump it Up, Boomers and more! Work off those calories before the big meal with fun, laughter and good times! Our fee includes activities, trips, snacks, supplies and transportation.

Instructor: City Staff

Fee: \$75 per person – Resident  
\$80 per person – Non-Resident  
(3-day camp)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

Registration Deadline: Wednesday, November 19

To Register: Online, Mail-In, Walk-In

For More Info Call: 461-3446 or email [charris@lakeforestca.gov](mailto:charris@lakeforestca.gov)

Act#: 4648 Teens 12-14 Nov 24-26 Mon-Wed 7:30 am-6:00 pm

# COMMUNITY SERVICES

## FREE! Influenza Vaccination Program

The City of Lake Forest is partnering with Orange County Health Department to offer **FREE** flu/influenza vaccinations to all individuals 16 years of age and older. **No appointment is necessary...just drop in!**

While everyone should get a flu vaccine each flu season, it's especially important that certain people get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications. These groups include:

Where: City Hall Community Center  
(25550 Commercentre Dr)

When: Wednesday, November 5, 2014

Time: 10:00 a.m. – 2:00 p.m.

For more info call: Community Services at 461-3450

## Police Services Offers Free Shredding

Lake Forest Police Services provides FREE shredding of confidential and important documents year round in an effort to prevent crime. Bring your documents to Police Services and discard them in the locked receptacles located at the Police Services counter. A representative from Police Services will be on the premises while the documents are being shredded.

Fee: Free

Location: Lake Forest City Hall  
(25550 Commercentre Dr)

For more info call: The City of Lake Forest Police Services at 461-3530

On-going Mon-Thu 8:00 am-4:00 pm

## Join the Neighborhood Watch Program

Participating in the Neighborhood Watch program is an effective way to reduce crime. The program requires neighbors to look out for each other by calling the police when suspicious activity is observed. This collective effort encourages residents to build a partnership with law enforcement. Participants learn about crime prevention and participate in meetings to discuss ways to improve quality of life issues. Any Lake Forest resident can start a Neighborhood Watch group by calling 461-3545.

### Benefits of Participation:

- Crime Reduction
- Get To Know Your Neighbors
- Community Pride

## Child Safety Restraint Inspection

Any Lake Forest resident interested in child safety restraint inspection can contact the S.T.A.R.S. at 461-3548 or Chelsea McConnell at 461-3543.

## Sheriff's Team of Active Retired Seniors (S.T.A.R.S.)



The Sheriff's Team of Active Retired Seniors is a senior citizen volunteer program through the City of Lake Forest. It was founded in 1997 to assist the City of Lake Forest and the Lake Forest Police Services.

Some of the duties performed by the S.T.A.R.S. are: vacation home checks, business checks, assist in Neighborhood Watch programs, van patrol, radar display board trailer, assist both Code Enforcement and Public Works, City Park Watch, clerical support, special events, and Seniors Offering Support.

### Qualifications:

- Resident of the City of Lake Forest (including Portola Hills and Foothill Ranch).
- Must be willing to donate four to six hours a week.
- Must possess a valid California Driver's License.
- No criminal history.
- Pass an initial physical exam prior to acceptance.
- Provide a letter from their physician stating that the volunteer is currently in satisfactory health and can perform the duties required in the S.T.A.R.S. program.

For more info, contact the S.T.A.R.S coordinator, Chelsea McConnell, at 461-3543.

## 10 Million Kids Outdoors



The City of Lake Forest is partnering with the National Recreation and Park Association (NRPA) and the National Wildlife Federation's 10 Million Kids Outdoors Campaign. This three-year initiative seeks a future in which all children spend time outside each day—creating a generation of happier and healthier children with more awareness and connection to the natural world. Get your kids outside this summer...we have so many great ways for your family to enjoy the great outdoors right here in Lake Forest!



# SENIOR PROGRAMS

## Senior Scene - Clubhouse for Seniors

Come visit us at the Clubhouse... A place where you meet new friends and create lasting memories! You'll be able to enjoy a variety of activities including card playing, tile board games, monthly game tournaments, seminars, exercise classes, craft classes and movies. This is a great place to meet new friends! No need to make a reservation for this great drop-in program.

Fee: Free!

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450 or contact Brenda Silvey via e-mail at [bsilvey@lakeforestca.gov](mailto:bsilvey@lakeforestca.gov).

## Senior Box Lunch Program

The Senior Box Lunch Program is offered on Mondays, Tuesdays and Wednesdays at 11:30 am. Lunch includes a sandwich, fruit or veggie salad, a drink and a dessert. Age Well Senior Services, Inc. provides these healthy lunch boxes...so be sure and tell your neighbors and friends! Registration is required for the program. **If you would like to take your box lunch home, you must bring an insulated cooler.**

Fee: \$4.50 suggested donation is requested per participant

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

For more info or to register call: The City of Lake Forest at 461-3445  
**Seniors On-going Mon-Wed 11:30 am**

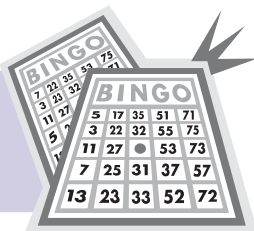
**B-I-N-G-O & FREE Hot Lunch provided by the City of Lake Forest every Thursday!**

**Seniors On-going Mon-Thu 10:00 am-2:00 pm**

### THURSDAYS

**10:30 am: Bingo**

**12:00 pm: Hot Lunch**



## Want Snippet?

What's a Snippet? It's a monthly email "reminder" of upcoming events, activities, and excursions that are related only to the Senior Scene Clubhouse.

If you would like to receive a "Snippet," send your email address to [mnorment@lakeforestca.gov](mailto:mnorment@lakeforestca.gov).

## Senior Calendar

Don't miss out on the **Senior Scene Clubhouse Calendar**. The Calendar is a great way to view all of the activities offered each month. If you are a Lake Forest resident interested in receiving the quarterly calendar or no longer want the calendar, please call 461-3450 and leave your name, address and phone number (spell your last name and street address, slowly please).



## LEGAL AID SOCIETY OF ORANGE & COUNTY COMMUNITY LEGAL SERVICES OF SOUTHEAST LOS ANGELES COUNTY

*Providing free and low-cost civil legal services to low-income persons, families, and seniors*

## Need Legal Advice?

An attorney from the Legal Aid Society of Orange County will provide free legal advice to seniors through the Orange County Senior Citizens Legal Advocacy Program (SCLAP) on a wide variety of issues: Government Benefits, Health, Housing, Consumer Problems, and Elder Abuse.

To qualify for an appointment you must be:

- Orange County resident
- 60 years of age or older
- US Citizen or Permanent Resident (if you are a permanent resident, you must present your green card at the time of your appointment)

**Please note: SCLAP does not offer representation on criminal cases, class action lawsuits, drafting wills and trusts, or cases in which you want to sue for money.**

Appointments are scheduled for 20 minutes – to get the most out of your appointment, please write down questions you want to discuss with the attorney.

Fee: Free

Location: Lake Forest Community Center  
25550 Commercentre Dr

To make an appointment: Call 461-3408 (Monday thru Thursday) from 9:00 am to 2:00 pm

**Seniors Oct 16 Thu 9:00 am-1:00 pm**

## Drop-In Computer Lab Hours

Feel free to stop by the Training Room to check your e-mail, practice surfing the net and practice your computer skills to improve your proficiency.

**Throughout the year, the Training Room is used for in-house staff training so availability may be limited at certain times.**



**Please note: There is no instructor on-site.**

Fee: Free!

Location: Lake Forest Community Center, Computer Lab  
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450

**Seniors On-going Mon-Thu 10:00 am-2:00 pm**  
(On Wednesdays, the lab opens at 11:00 am)



## Heat Watch

During the month of September, the Senior Scene Clubhouse will remain open until 4:00 pm on days of extreme heat (over 90 degrees). Decision to extend clubhouse hours will be made by 1:00 pm on the particular affected day.



## Crafty Crafters

The Senior Scene Clubhouse offers Crafty Crafters once a month on Tuesdays. Past crafts have included tote bags, gift/holiday cards, decorative soaps, birdhouses, floral pots and much, much more. Come and find out what you'll be creating next! The only thing you need to bring is your imagination! Please call 461-3408 the first Monday of the month and reserve your space for this very popular program. Look in the Senior Scene Clubhouse Calendar for dates and times!

Fee: Free!

Location: Lake Forest Community Center, Activities Room  
(25550 Commercentre Dr)

## Young At Heart ~ Lake Forest Seniors Reading Circle



The Young At Heart~Lake Forest Seniors Reading Circle meets once a month to discuss the choices listed below...it's a time to share your point-of-view as well as listen to others' interpretations. The City provides snacks for you to enjoy during the book discussion. No need to sign up! Afterwards, drop by the Senior Clubhouse and enjoy a free hot lunch and Bingo.

Book Discussion Location: Lake Forest Community Center,  
El Toro Room  
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450

Sep 25	Thu	9:30 am	<i>Look Again</i> Lisa Scottoline
Oct 16	Thu	9:30 am	<i>Sycamore Row</i> John Grisham
Nov 20	Thu	9:30 am	<i>The Eternal Wonder</i> Pearl Buck

## Senior Golf Days at Lake Forest Golf and Practice Center

If you like being outdoors and meeting new friends, Senior Golf Days is a program just for you! This program is put on by Outdoor Explorations. It includes six outings of nine holes of golf, warm-up balls, snacks, and a weekly putting contest.

Fee: Lake Forest Senior residents – \$63; Non – Residents – \$78

Location: Lake Forest Golf and Practice Center  
(23308 Cherry Ave)

For more info or to register call: Angela Kelly at 632-0300

TEE TIMES			
Session 71	Seniors	Sep 4-Oct 9	Tue or Thu only 7:45-8:15 am
Session 72	Seniors	Oct 23-Dec 4 (closed Nov 27)	Tue or Thu only 7:45-8:15 am

# TRANSPORTATION NEWS

## SENIOR TRANSPORTATION AN EASIER WAY TO GO!



The City of Lake Forest offers door-to-door transportation service to Lake Forest Seniors participating in the Senior Scene Clubhouse activities Monday through Thursday.

To make a reservation for transportation services, please contact Age Well Senior Services, Inc. at 855-9766. It is "mandatory" that all reservations and cancellations be made **at least 24 hours** in advance. Cost is fifty cents per trip. For more information please call 461-3450.

## TAXI TRANSPORTATION



Do you need a ride to a doctor's appointment, grocery shopping, pick-up prescriptions, go to a movie, or visit a friend? If so, our new taxi program is for you! The new transportation program is available 7-days a week/24 hours a day...including holidays.

This is how it works! You must pre-purchase taxi vouchers at City Hall.

### You must be

- Lake Forest resident & 60 years of age or older
- Provide proof of residency and age upon purchase of vouchers (driver's license, utility bill, passport or birth certificate)

### Where to purchase taxi vouchers

- City Hall – 25550 Commercentre Dr., Lake Forest (2nd Floor)
- Monday – Friday (closed alternating Fridays)
- 8:00 am – 5:00 pm
- **Cash or checks only – no credit cards**

### Cost of vouchers to the Senior Scene Clubhouse Monday through Thursday (10:00 am-2:00 pm)

- \$1.00 one way

### Cost of vouchers within Lake Forest City limits to non-emergency medical appointments, socializing, pick-up prescriptions, movies, etc.

- \$2.50 one way

### Cost of vouchers to Non-Emergency Medical appointments to the following facilities only

- \$5.00 one way – Saddleback Memorial Hospital
- \$7.00 one way – South County Orthopedic Specialists (SCOS), Kaiser Hospital (Irvine), Hoag Hospital (Irvine), and Mission Viejo Hospital

**Please note: Taxi vouchers are non-refundable, non-transferrable and valid one year from date of purchase.**

**For additional information call 461-3450.**

# Need to Know Numbers!



Periodically, we receive requests for phone numbers and felt that these numbers would be useful. Cut them out and keep them handy for future use!

AARP.....888-687-2277  
 ACCESS (Reservations/Information) . .877-628-2232  
 ACCESS (Eligibility) .....714-560-5956  
 Age Well Senior Services, Inc. .... 855-8033  
 (formerly South County Senior Services)  
 City of Lake Forest City Hall ..... 461-3400  
 Council on Aging .....714-479-0107  
 Disabled Housing Information. . . .800-510-2020  
 Elder/Disabled Adult Abuse. ....800-451-5155  
 HiCap Services .....800-434-0222  
 Human Services Information .....2-1-1  
 Irvine Valley College/Emeritus ..... 451-5555  
 Meals on Wheels. ....380-0155 ext.12  
 Medicare Fraud Hotline. ....800-447-8477  
 OCTA (Transportation). ....800-636-7433  
 Office on Aging. ....800-510-2020  
 Orange Caregiver Resource Center. .800-543-8312

## Lake Forest Senior Advisory Board

Three seats will become available to serve on the Senior Advisory Board. The City Lake Forest Parks & Recreation Commission is looking for qualified candidates who are interested and passionate about future senior programs and senior center.

The Senior Advisory Board is appointed by and reports to the Parks & Recreation Commission. The Board consists of five members and will act in an advisory capacity to the Parks and Recreation Commission. Meetings are held six times per year. Each Board member's term limit is two years.

Qualifications for the Senior Advisory Board

- Lake Forest resident
- 50 years of age or older

Applications will be available on Monday, September 29 on the City's Website [www.lakeforestca.gov/seniors](http://www.lakeforestca.gov/seniors) and at the Senior Scene Clubhouse located at 25550 Commercentre Drive.

***All applicants must submit an application to the Parks & Recreation Commission no later than Friday, October 31 by 5:00 pm. The Parks & Recreation Commission will conduct interviews on Thursday, November 20 at 7:00 p.m.***

## Senior Bowling League at Forest Lanes

Bring your friends and form your own team, or sign up individually. It's Jackpot Friday for all Senior Bowlers! Join and participate in this fun-filled afternoon and win the Jackpot! All skill levels are welcome. Fee includes games and Jackpot...if you win!

Fee: \$9.00 per resident senior (plus \$3.00 shoe rental)  
 \$11.00 per non-resident senior (plus \$3.00 shoe rental)

Location: Forest Lanes (22771 Centre Dr)

**To Register Call: Forest Lanes at 770-0055**

**Seniors                      On-Going                      Fri                      1:00-3:30 pm**

## AARP Driver Safety

Would you like to be more confident behind the wheel? Would you like to feel secure in your knowledge of the ever changing rules, regulations and signs of the road? Then we have a class for you! This instructional class for the mature driver (50+) is sponsored by AARP. You will learn better driving techniques and ways to spot and correct bad driving habits. You will save on auto insurance and help to maintain mobility and independence after completing this great course. In order to receive the certificate, you must attend both classes. Space is limited so pre – Registration and pre-payment are required.

Fee: \$15.00 (AARP members; \$20.00 non members)  
 1 class session (check made payable to AARP)

Location: Lake Forest Community Center  
 (25550 Commercentre Dr)

**To Register: Mail-In, Walk-In. No On-line Registration is available for this program.**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4519    Seniors    Sep 19 & 20    Fri/Sat    8:30 am-12:30 pm**



## Freaky Friday Masquerade Party

You'll have a seriously good time as you come dressed up in something "freaky," "funny," or "fabulous." We'll dance to some "spooky tunes" like the Transylvania Twist and Old Black Magic. Games will be played – Laughs will be had! During the bewitching hour a catered "batlicious" dinner will be served. What's stoppin' ya? Are you scared? Space is limited, so make your reservations early!

**When you come "DRESSED UP," you'll receive 2 additional opportunity tickets!**

Fee: \$10.00 per person

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4526 Seniors Oct 24 Fri 4:00-7:00 pm**

## Tenth Annual Senior Resource Fair & Vaccination Clinic

You don't want to miss the Tenth Annual Senior Resource Fair! This is a fantastic opportunity for seniors, caregivers, and adults with parents living at home to get information on many of the health and wellness resources that are available. There will be many exhibits at which you will be able to get information on a wide array of products and services provided by the City, county, and other partnering agencies. Some of these benefits are free and/or low cost. A host of other vendors can provide helpful tips and information on their programs and how they can benefit you. Vendors will pass out free samples and all will be entered to win door prizes. Several free screenings and blood pressure checks will be available as well! The City of Lake Forest and Walgreens are partnering to offer free flu vaccinations to Medicare recipients and a minimal fee for non-recipients. Please bring your Medicare/Medical card.

Admission: FREE

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**For More Info Call: The City of Lake Forest at 461-3450**

**Seniors Sep 24 Wed 10:00 am-12:00 pm**

## Medicare's Enrollment

Each year, you have a chance to make changes to your Medicare Advantage or Medicare prescription drug coverage for the following year. The enrollment starts on Wednesday, October 15 and ends Sunday, December 7, 2014.

For additional information, visit the official Medicare website at [www.medicare.gov](http://www.medicare.gov) or call 1-800-633-4228 or call 461-3408 and make an appointment with a HICAP counselor.

# HICAP

## Health Insurance Counseling and Advocacy Program

Nobody likes dealing with health insurance. When we're ill, the last thing we want to worry about is what's covered. Health costs can be staggering, and just about everyone worries about what the future will hold as our health declines.

*What is Medicare? What does it cover? Am I eligible? How do I sign-up? Who could possibly help me figure all this out without trying to sell me something I don't need?*

**HICAP CAN HELP YOU!** HICAP is a volunteer-supported program that provides free counseling and educational services for older adults and their families. You can arrange for an individual counseling appointment with a HICAP counselor to get the most current information available to help you find your way through the maze of health insurance regulations and coverage. If you want to know what benefits and services you're entitled to and how the health care system works, call and make an appointment.

Through working with a HICAP counselor, you will get *unbiased* information to help you make the best choices for your individual health care needs as HICAP counselors cannot sell, endorse, or recommend any specific insurance.

HICAP can help you understand:

1. Your rights as a health care consumer
2. Medicare benefits, including how to appeal Medicare and HMO denials
3. Medicare and health insurance jargon
4. Private Medicare supplemental health insurance policy benefits and exclusions
5. HMOs and how they work including emergency assistance with denials
6. Long-term care insurance

**To Make An Appointment,  
Please Call 461-3408 And Leave  
Your Name And Phone Number.**

Appointments are available from 10:00 am-2:00 pm on the **second Tuesday** of the month: September 9, October 14, and November 4 (closed on November 11, due to Veterans' Day).

## Thanksgiving Feast

Gobble – Gobble! What's that sound? It's that time of year to talk turkey! Better yet...let's eat some! Staff will serve you a "turkeylicious" meal with all the trimmings. Create and wear a pilgrim hat or Indian headdress! If you wear/create a hat you will receive an opportunity ticket! And you may want to save a little room for the "Pumpkin Pie Eating Contest!" Bingo...are we playing Bingo? You bet your gizzards!

NOTE: Due to the popularity of the Thanksgiving luncheon, you may reserve two seats only. Reservations are mandatory. If you are unable to attend, please call and cancel your reservation. Lunch will be served at noon. At 11:45 am participants who have not arrived for the luncheon will lose their seat to the first person on the waitlist.

Fee: Free

Location: Lake Forest Senior Scene Clubhouse  
(25550 Commercentre Dr)

**To Register: Call 461-3450 or Walk-in to reserve your seat after 8 am on Tuesday, August 12. PLEASE DO NOT LEAVE A MESSAGE ON OUR VOICEMAIL.**

**Non-Residents can register beginning 8 am on Tuesday, Aug 19.**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4521 Seniors Nov 20 Thu 10:00 am-2:00 pm**



## Cell Phones For Life

The Senior Scene Clubhouse has FREE emergency cell phones for elderly and disabled individuals. Cell Phones For Life is a non-profit organization whose mission along with the City of Lake Forest is to help individuals experience peace of mind knowing that assistance is only a phone call away. **The cell phones can only be used to call 911.**

You can pick up a cell phone and a battery Monday through Thursday from 10:00 am-2:00 pm at Lake Forest City Hall (25550 Commercentre Dr., Second Floor). If you have any questions, please call 461-3408 and leave your name and phone number and a staff member will return your call.

If you would like to donate an old cell phone and battery/charger, please drop them off at the Senior Scene Clubhouse Monday through Thursday from 10:00 am to 2:00 pm.

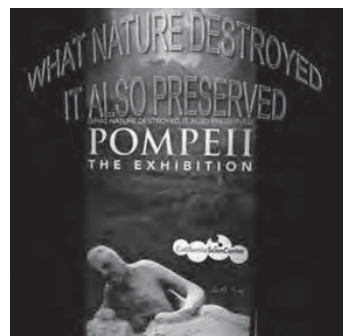


## EXCURSIONS

The City of Lake Forest offers great excursions for Adults, Seniors and Families! Senior excursions are open to individuals ages 50 and over, while excursions for Adults are for individuals 18 and over. Family Excursions are open to all ages. Pre – Registration is required for all excursions and all trips include transportation on a luxury bus, snacks, and admission. A meal may be included if specified in the description. Upon confirmation of your registration, departure details will be mailed to you. **Tickets that are purchased for City of Lake Forest Excursions are non-transferable.**

### Pompeii & Endeavor Space Shuttle Exhibits at the California Science Center – Los Angeles

In the year 79 A.D., the Roman city of Pompeii vanished beneath thick layers of volcanic ash left by the eruption of Mount Vesuvius. But what nature destroyed, it also preserved. Today, the UNESCO World Heritage Site remains frozen in time, attracting over two million tourists each year...luckily, for those Californians who can't make it to Italy any time soon,



*Pompeii: The Exhibition* features over 150 precious artifacts on loan from the Naples National Archaeological Museum in Italy, the exhibit offers a glimpse into the opulent lifestyle and tragic end of this ancient Roman society forgotten for centuries until its rediscovery over 250 years ago.

From garden frescoes and marble statues to gladiator armor, coins and currency to religious altars and shrines — all set in their original surroundings — experience daily life in this once vibrant Roman city. Then, as the floors shake and the walls rumble, relive the volcano's catastrophic eruption through an immersive CGI experience, culminating in the reveal of full body casts of twisted human forms, asphyxiated by extreme heat and noxious gases and forever frozen in time.

Through excavated artifacts, multimedia experiences, and hands-on science exhibits, guests will learn the science of archaeology, volcanology, and Roman engineering while exploring the ancient civilization of Pompeii.

After your Pompeii Exhibition tour, you will have an opportunity to grab lunch at the Rose Garden food court (featuring pizza, sandwiches, salads, Taco Bell Express and McDonald's) and venture out to see the Endeavor Space Shuttle and other exhibits. Afterwards, you will view "Forces of Nature" on the 17-story IMAX screen with 12,000 watts of surround sound.

Fee: \$52.00 per person

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act #:4523 Adults/Seniors Sep 17 Wed 8:30 am-6:00 pm**

## Los Angeles Police Museum & Old Pasadena – Los Angeles & Pasadena



Opened in 2001, the museum displays the rich history of the LAPD from its 1869 beginnings. Go behind the badge at the city's oldest surviving police station, built in 1925, where you can check out everything from Charles Manson's booking photo to an array of vintage cop cars. True crime fans will appreciate the exhibition detailing the 1997 North Hollywood Bank of America holdup, with the original vehicles and disguises used by the perpetrators. If you're thinking of committing a holdup, try scaring yourself straight by taking a mug shot and sitting in one of the jail cells. More interested in pretending to be part of the LAPD? The museum allows visitors to climb aboard a police helicopter or CHP motorcycle and imagine themselves as part of the action. An audio tour will walk you through the museum discussing the history of LAPD. An exhibition of vehicles from various eras and functions in LAPD history is displayed beneath a vehicle shelter constructed to the rear of the museum. You can experience a real jail cell and snap your own free police booking photo. Uniforms, badges and equipment are displayed alongside artifacts from LA's famous cases and investigations, such as the North Hollywood Shootout, the Onion Field and the SLA shootout.

After touring the museum you will board the bus (not paddy wagon) to charming "Old Pasadena" where you will have several hours to roam the shops and have a bite to eat (or bring your own lunch).

Fee: \$37.00 per person

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act #: 4524 Adults/Seniors Oct 14 Tue 9:00 am-5:00 pm**

## Pechanga Resort & Casino – Temecula

Pechanga Resort & Casino is the largest casino floor in California (188,000 square feet) with over 3,000 state-of-the-art slots and video poker machines and 160 table games. If you work up an appetite while playing, take the opportunity to enjoy lunch at the food court, 24-hour café, or feast at the phenomenal buffet. Each participant will receive EZ Play Vouchers upon their arrival, which include \$5.00 on their reward card.

Fee: \$10.00 per person

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act #: 4525 Adults/Seniors Nov 19 Wed 9:30 am-5:30 pm**



## Done with this brochure?

Don't throw it away!  
Pass it on to your friends  
and family so they can  
sign up for our great  
Fall programs too!



## SENIOR EMERITUS CLASSES through Irvine Valley College

EMERITUS CLASSES are offered for active seniors. The City of Lake Forest partners with Irvine Valley College's Emeritus Program to offer courses especially designed to meet the educational and recreational interests of seniors. Pre-registration is recommended for all classes.

### Registration For Senior Emeritus Classes Only

**To register for the Emeritus Classes  
the following options are available.**

**On-Line Registration** log onto [www.123getsmart.com](http://www.123getsmart.com)

- Click on the button **"Register for Emeritus Classes"**
- Click on the link in the left column **"Emeritus"**
- Select **"Class Category"** (i.e., Fitness) in the blue column on the left. (Class sections are on the right in alphabetical order... click on the class you want.)
- Click on the **"Class Course Number"** for the section you want
- Click the **"Add"** button
  - **RETURNING STUDENTS ONLY:** Enter your **"Account number and Pin Number"**
  - **NEW STUDENTS ONLY:** Proceed to click on **"Create New Account."** (your previous IVC Student Number and Pin Number do not work on this system)
  - Fill in all your personal contact information. (At this time you may also add other members of your family/household on this same account by clicking on the button **"Add new family member"** after you have completed the information for the primary contact.
  - The class will now be added. You can select under the **"Client"** column whom you would like registered in the course.
  - Choose the button to continue **"Shopping for more classes"** or **"Go to checkout"**
- Complete your credit card information and click on **"Complete Transaction"**
- IVC will send you a copy of your receipt w/your log-in ID and Pin Number for future classes

If you have difficulty registering online, please call 949-451-5555 for assistance.

### Phone Registration

Call 949-451-5555 Monday through Friday 9:00 am – 5:00 pm

### Mail form and payments to:

IVC Emeritus Institute, 5500 Irvine Center Dr., Irvine, CA 92618

**Fax form to IVC:** 949-451-5270

## Fitness

### It's Never Too Late Fitness

The class consists of the three components necessary to maintain optimum health and fitness. Low impact weight bearing aerobics, strength training, stretching and flexibility movements suited to the needs of the individual.

Fee: \$30.00

Location: Lake Forest II Sun & Sail Club (24752 Toledo Way)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 8021 Seniors Sep 4-Nov 20 Thu 10:00-11:30 am

### Dyna Bands Workout and Arthritis Exercise

Increase your strength and mobility using Dyna-Bands. Dyna-Bands or resistance bands, (which are long latex strips) are used to increase muscle strength. Learn to properly perform exercises using these popular resistance bands in combination with low-impact aerobics and gentle stretching. Workouts include a cool down time with gentle stretching and breathing to relax all body parts. This class includes the Arthritis exercise program.

Fee: \$25.00

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 7987 Seniors Sep 2-Nov 25 Tue 12:30-2:00 pm  
(skips 11/11)

### Pilates

A non-impact exercise program for dancers and non-dancers, based on the principles of Joseph Pilates. Strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination and develops an increased sense of body awareness. Includes stretches that enhance physical fitness and focus on total body conditioning to correct body alignment and improve your posture. Wear comfortable clothing and bring a mat to class.

Fee: \$30.00

Location: Lake Forest II Sun & Sail Club (24752 Toledo Way)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 8059 Seniors Sep 2-Nov 25 Tue 10:00-11:30 am  
(skips 11/11)

**PLEASE NOTE:** You may only register for Senior Emeritus Classes at IVC's website or by calling 451-5555. The registration date for City programs and excursions does not apply to the Emeritus classes.

### Aquatic Fitness Training

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water. Emphasis is on training to improve balance and cardiovascular fitness.

Fee: \$20.00

Location: Lake Forest I Beach & Tennis Club  
(22921 Ridge Route)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 7937 Seniors Aug 19-Oct 14 Tue 2:00-3:30 pm

Tic#: 7938 Seniors Aug 21-Oct 9 Thu 2:00-3:30 pm

Tic#: 7941 Seniors Oct 14-Nov 25 Tue 2:00-3:30 pm

(skips 11/11)

Tic#: 7942 Seniors Oct 16-Nov 20 Thu 2:00-3:30 pm

### Physical Fitness: Yoga w/Fleur

Instruction and practice will include passive exercise especially adapted to senior citizens; stretching, relaxing, breathing and working together in rhythm as directed by the instructor. Repetition of this course will permit students to build skills and increase their fitness level.

Fee: \$38.00

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 7359 Seniors Sep 3-Nov 19 Wed 1:00-2:30 pm

### Tai Chi Ch'uan

This course presents Tai Chi Ch'uan, an ancient Chinese exercise. The course includes instruction in movements from the 108 forms done in three sections; discussion of the yin-yang principle of opposing actions as it relates to these exercises; technique and sequence of forms; and discussions of the history and philosophy of Tai Chi Ch'uan.

Fee: \$25.00

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 8085 Seniors Sep 3-Nov 19 Wed 9:00-10:30 am

### Advanced Tai Chi Ch'uan

This class is an advanced tai chi class for students Guang Ping Yang tai chi.

Fee: \$25.00

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 8086 Seniors Sep 3-Nov 19 Wed 10:30 am-12:00 pm



# HOW TO REGISTER

Fall 2014 Registration Dates

**Lake Forest Residents: Tuesday, August 12**

**Non-Residents: Tuesday, August 19**

## 3 easy ways to register:

### 1 ON-LINE REGISTRATION

Call the City of Lake Forest at 461-3450 to get your Family On-Line Account set-up. We recommend calling prior to **Tuesday, August 12.**

Go on-line to <https://online.activecommunities.com/lfreonline> to register or visit the City's website at [www.lakeforestca.gov](http://www.lakeforestca.gov) and click on the on-line registration button located under Recreation Services or on the left hand side of the home page.



## Refund Policy

1. A full refund will be given for any activity cancelled by the City of Lake Forest.
2. In the case of a City excursion, if a refund is requested and the City is able to fill the spot, the participant will receive a full refund minus the \$10 administrative fee.
3. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take up to 30 days to process from the date of cancellation of a program.
4. Registrations for City of Lake Forest Excursions are non-transferable.
5. Refunds will not be given for any portion of recreation classes after the second meeting of the class has taken place. If a refund is requested prior to the second week of class, a refund will be given minus a \$10 administrative fee.
6. Refunds are not given for any program that may be cancelled by the patron with a fee of \$10 or less per participant (per receipted transaction).

### 2 MAIL-IN REGISTRATION

Complete the Program Registration Form and enclose your check payable to the "City of Lake Forest." Please complete a registration form with a separate check for each program.

**Mail to:** City of Lake Forest, Attn: Program Registration,  
25550 Commercentre Drive, Suite 100  
Lake Forest, CA 92630



### 3 WALK-IN REGISTRATION

Bring the Program Registration Form, your check, or cash to City Hall, located at 25550 Commercentre Drive (2nd floor), Lake Forest, CA 92630. Credit Cards are not accepted at City Hall for programs.



## General Information

1. All programs are subject to cancellation or schedule changes.
2. We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.
3. In the case that we receive your Program Registration Form and the activity is full, we will put you on the wait list.
4. Please submit a separate check for each program with your registration form. In the case that you do submit one check for numerous activities and one of them is full, we cannot process your registration and it will be returned to you.
5. Upon receipt of your paid registration, you will be a confirmed registrant for your desired class or classes. Your cancelled check will serve as your receipt. If you would like a printed receipt sent to you, please enclose a self-addressed, stamped envelope when submitting your completed registration form.
6. Returned check policy: If your check is returned to us, you will be charged a \$25.00 fee in addition to the amount of the original check. You will be prohibited from registering for future programs until any returned check issues are resolved.
7. Activities may be cancelled if the minimum is not met. You will be contacted if a class or program for which you have registered has been cancelled.



Questions on Registration? Call 461-3450



# City of Lake Forest • Community Services Division

## Program Registration Form

If you need more than one registration form, please photocopy.

### PRIMARY CONTACT (responsible adult for registering persons into courses)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ ☐ Male ☐ Female  
 Birthday \_\_\_\_\_ (mm/dd/yy) Email \_\_\_\_\_  
 Street Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_  
 Preferred Contact Phone Number ( ) \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Emergency Phone ( ) \_\_\_\_\_

### OTHER FAMILY MEMBERS living with primary contact (spouse, children, etc.)

**Children's birthdates must be filled out completely in order to process registrations.**

Last Name	First Name	Birthday	Sex
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F

Please make sure registrant meets the minimum or maximum age requirements for class enrollment prior to submitting Program Registration Form.

Activity #	Participant Name	Birthday	Sex	Activity Name	Fees
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F		
Please send a separate check for each activity					Total Activity Fees



**If you need special assistance for this program, please contact the Recreation Division ASAP at 461-3450.**

**REFUND POLICY** In the case of a City excursion, if a refund is requested and the City is able to fill the spot, a full refund minus the \$10 administrative fee will be given to the participant. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take 30 days from date of cancellation to process. Refunds will be not be given for any portion of recreation classes after the second meeting of the class. In the case refunds are requested prior to the second class meeting, a full refund minus the \$10 administrative fee will be given. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction).

### PARTICIPANT AND/OR PARENT RELEASE FORM

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury.

☐ Yes ☐ No

I further agree to pay any and all costs incurred as a result of said treatment.

☐ Yes ☐ No

I permit the use of activity/event photography and/or video of my child or myself for media promotion.

☐ Yes ☐ No

Please contact me via email regarding upcoming city events and news at: \_\_\_\_\_

I agree to waive and release the City of Lake Forest (City), its officers, agents, employees and volunteers, from and against any claims, costs, liabilities, expenses or judgments, including attorney's fees and court costs arising out of my participating in the City's Programs or any illness or injury resulting therefrom, and hereby agree to indemnify and hold harmless the City from and against any and all claims, except for illness and injury resulting directly from gross negligence or willful misconduct on the part of City or its employees.

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

Date \_\_\_\_\_

(Signature) Parent or Guardian must sign for those under 18 years of age

Mail this form with your payment to: **City of Lake Forest**  
**ATTN: Program Registration**  
**25550 Commercentre Drive, Suite 100**  
**Lake Forest, CA 92630**

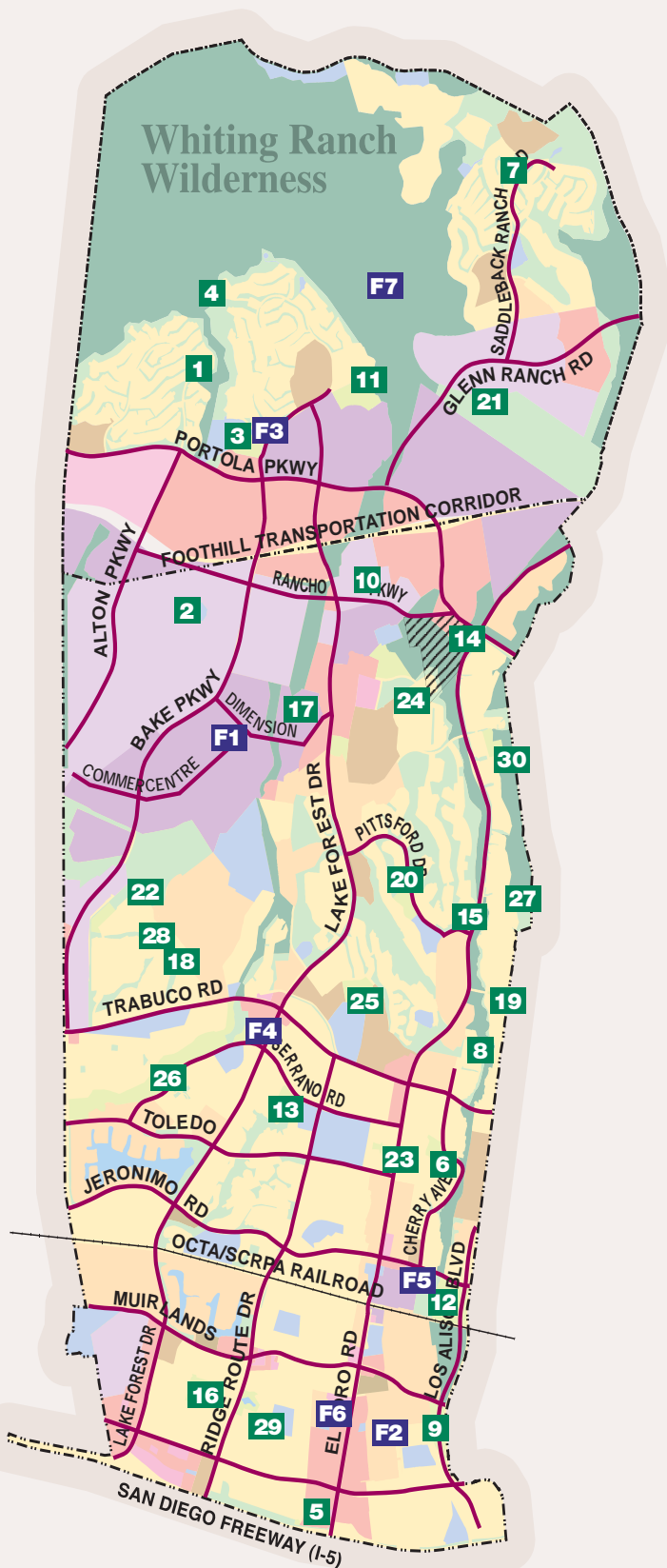
Questions on  
Registration?  
Call 461-3450



Receipt of this signed form and your payment confirms your registration based upon availability until the activity is full.

Office Use Only    Receipt# \_\_\_\_\_    Paid by Check# \_\_\_\_\_    Paid by Cash Amount \_\_\_\_\_    Initial/ Date \_\_\_\_\_    Conf \_\_\_\_\_

**Credit Card Payments are not accepted at City Hall**



## CITY PARKS

		Acres	Barbecues	Baseball	Basketball	Multi-Use Fields	Outdoor Exercise Equipment	Picnic	Playground	Restrooms	Soccer	Tennis Court	Walking Path
<b>1</b>	<b>Alton Park</b> 18992 Alton Parkway	2.3	4		1 <sup>hc</sup>			9 1 <sup>s</sup>	1				
<b>2</b>	<b>Baker Ranch Community Park</b> 26380 Rancho Parkway	8	2	1	1	1		2	1	1	1		
<b>3</b>	<b>Borrego Park</b> 26982 Cabriole	11	5		1 <sup>fc</sup>			11	1	1	1		1
<b>4</b>	<b>Borrego Overlook Park</b> 21 Viaggio Lane	1.6	3					5	1				
<b>5</b>	<b>Cavanaugh Mini Park</b> 23782 Cavanaugh Road	0.2			1 <sup>hc</sup>			1	1				
<b>6</b>	<b>Cherry Park</b> 22651 Cherry Avenue	4.5	3		1 <sup>hc</sup>			9 1 <sup>s</sup>	1				
<b>7</b>	<b>Concourse Park</b> 18931 Saddleback Ranch Road	7	2		1 <sup>hc</sup>	1		4 2 <sup>s</sup>	2	1			1
<b>8</b>	<b>Darrin Park</b> 22461 Cherry Avenue	3.1	6		1 <sup>hc</sup>			11 1 <sup>s</sup>	1				
<b>9</b>	<b>El Toro Park</b> 23701 Los Alisos Boulevard	10	2			1		7 1 <sup>s</sup>	1	1		2 <sup>L</sup>	
<b>10</b>	<b>Etnies Skatepark of Lake Forest</b> 20028 Lake Forest Drive	5.3						3		1			
<b>11</b>	<b>Foothill Ranch Community Park</b> 19422 Rue De Valore	15.5		2	1 <sup>fc</sup>			9	2	1	1	2	1
<b>12</b>	<b>Heroes Park</b> 25420 Jeronimo Road	12.4	1	4 <sup>L</sup>				2		1	2 <sup>L</sup>		
<b>13</b>	<b>Lake Forest Park</b> 24000 Serrano Road	2.3						1					
<b>14</b>	<b>Lake Forest Sports Park/ Recreation Center</b> 28000 Rancho Parkway	86	8	4	2	3	1	8	2	2	2		1
<b>15</b>	<b>Montbury Park</b> 21962 Montbury Drive	3.5	1					2					
<b>16</b>	<b>Mountain View Park</b> 24061 Dylan Street	5.3	2	1	1 <sup>fc</sup> 1 <sup>hc</sup>	1		9 1 <sup>s</sup>	2	1		2 <sup>L</sup>	
<b>17</b>	<b>Nature Park</b> 26215 Dimension Drive	4.5						7 1 <sup>s</sup>					1
<b>18</b>	<b>Peachwood Park</b> 21132 Peachwood	2.7						5 1 <sup>s</sup>	1				
<b>19</b>	<b>Pebble Creek Park</b> 26441 Pebble Creek Road	1.9						1	1				
<b>20</b>	<b>Pittsford Park</b> 21701 Pittsford Drive	10	2					8 1 <sup>s</sup>	2	1		2	1
<b>21</b>	<b>Portola Hills Park (Future Site)</b>												
<b>22</b>	<b>Rancho Serrano Park</b> 20842 Paseo Sombra	5.1	3					7			1		
<b>23</b>	<b>Ranchwood Park</b> 22500 Killy Street	1.9			1 <sup>hc</sup>			1					
<b>24</b>	<b>Regency Park</b> Regency Lane & Osterman Road	5									1		
<b>25</b>	<b>Rimgate Park</b> 29772 Rimgate	5	1		1 <sup>fc</sup>			7 1 <sup>s</sup>	3			1	
<b>26</b>	<b>Serrano Creek Park</b> 25101 Serrano Road	44	3					13 1 <sup>s</sup>	1	1			1
<b>27</b>	<b>Sundowner Park</b> 22041 Sundowners Lane	0.8	1					2	1				
<b>28</b>	<b>Tamarisk Park</b> 22001 Tamarisk	11.2		1	1 <sup>fc</sup>			11	1				
<b>29</b>	<b>Village Pond Park</b> 23102 Ridge Route Drive	4.7						3					
<b>30</b>	<b>Vintage Park</b> 21000 Vintage Street	4.8	5		1 <sup>fc</sup> 1 <sup>hc</sup>			11	1				



park shelter available for reservation

• <sup>fc</sup> full court    • <sup>L</sup> lights  
• <sup>hc</sup> half court    • <sup>s</sup> shelter

## OTHER FACILITIES

<b>F1</b>	<b>City Hall</b>	25550 Commercentre #100	461-3400
<b>F1</b>	<b>Community Center</b>	25550 Commercentre	461-3450
<b>F2</b>	<b>El Toro Library</b>	24672 Raymond Way	855-8173
<b>F3</b>	<b>Foothill Ranch Library</b>	27002 Cabriole	855-8072
<b>F4</b>	<b>Heritage Hill Historical Park</b>	25151 Serrano Road	923-2230
<b>F5</b>	<b>Lake Forest Golf</b>	23308 Cherry Avenue	859-1455
<b>F6</b>	<b>El Toro Post Office</b>	24522 Raymond Way	837-1976
<b>F7</b>	<b>Whiting Ranch Regional Park</b>	Trabuco Canyon	923-2245

**Parks  
Make  
Life  
Better!**

Take our updated Virtual Parks  
Tour on the City website at  
[www.lakeforestca.gov](http://www.lakeforestca.gov)

# Haunt at Heritage Hill



Friday, October 17 AND  
Saturday, October 18 • 6-10:30 pm

For more info, please see page 1 inside